# Grandma was a Granger

# NH STATE GRANGE COOKBOOK

1997

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3278-97

Published and Printed By
Fundcraft Publishing
P.O. Box 340
Collierville, TN 38027

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# Appetizers, Relishes & Pickles

# Appetizers

Appetizers are those treats that can be served either at the start of a meal or at a reception or open house. Listed below are quick appetizers that can be served anytime with crackers, thin sliced toasted bread or potato chips:

1. Caviar flavored with onion juice.
2. Cream cheese with chipped chutney and dash of curry powder.
3. Lobster tail moistened with lemon juice.
4. Almonds or pecans roasted and chopped, then mixed with anchovy paste.
5. Cream cheese with chopped pickle.
6. Chicken livers minced and moistened with mayonnaise.
7. Cheese squares with olive attached by toothpick.
8. Liverwurst with pistachio nuts.
9. Sardines with caviar paste.
10. Minced eggs with anchovies.
11. Cream cheese and horseradish.
12. Cream cheese and anchovy paste with grated onion.
13. Herring squares mashed in its own juice with dash of vinegar and Tabasco sauce.
14. Peanut butter and bacon toasted on dark bread.
15. Deviled ham with chopped onions and Spanish olives.
16 Stilton cheese moistened with Port wine.
17. Shrimp flavored with French dressing.
18. Caviar mixed with cream cheese with dash of Worcestershire sauce.
19. Peanuts roasted, crushed and mixed with anchovy paste.
20. Sardine slices topped with chopped olives.
21. Pimento cheese mixed with a dash of horseradish.
22. Minced shrimp with onion juice.
23. Cream cheese with dash of Worcestershire sauce and chives.

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# APPETIZERS, RELISHES & PICKLES

## AUNT CAM'S BREAD DIP

**1 c. Hellmann's mayo**
**1 c. sour cream**
**2 Tbsp. minced onion (dry)**
**2 Tbsp. parsley**
**1 Tbsp. dill weed**
**1 tsp. Beau Monde spice**

Mix, chill and serve in a hollowed out loaf of bread. Place the bread pieces around the edge for dipping.

Low or nonfat mayo and sour cream can be used as well.

A family favorite!

***Cam Twiss***
***Watatic #36***

## CORN DIP

**8 oz. cream cheese, softened**
**8 oz. can corn, drained**
**4.5 oz. jar green chillies, chopped**
**8 oz. Cheddar cheese, shredded**

Layer ingredients in order in a 9 x 13-inch pan. Do not mix. Heat in 350° oven for 20 minutes. Stir to mix. Serve with chips (potato, corn, nacho, etc.).

***Beth Merrill***
***Antrim #98***

## HAM AND CHEESE ROLL-UPS

**8 oz. cream cheese**
**¼ onion, finely chopped**
**1 tsp. milk**
**several thick slices deli ham**

Mix well the cheese, onion and milk; when soft and well blended, spread on the ham slices. Roll up jelly roll fashion. Chill until firm. Cut into ½-inch sections and serve spirals as appetizers.

***Camilie Twiss***
***Watatic #36***

## HOT BEEF DIP

**8 oz. cream cheese**
**½ pt. sour cream**
**2 Tbsp. milk**
**2 Tbsp. Tabasco sauce**
**3 oz. chipped beef**
**¼ c. chopped green pepper**
**2 Tbsp. minced onion**
**½ tsp. garlic salt**

Mix well in small Pyrex bowl or crock. Bake at 350° until bubbly. Serve on crackers.

You can add more or less Tabasco to taste.

*Kathe Wolf*
*Watatic #36*

## NEW ORLEANS' HUSH PUPPIES

**2 ¼ c. cornmeal**
**½ c. finely chopped onions**
**¾ tsp. soda**
**½ tsp. salt**
**½ tsp. garlic**
**1 ½ c. buttermilk**
**1 egg**

Combine dry ingredients well. Add egg, then add buttermilk gradually until moist. You may not use all the buttermilk up. Let sit 10 minutes. Drop by tablespoonful into hot (375°) oil. Turn once when golden brown, approximately 3 to 5 minutes. Drain; serve hot.

*Kathe Wolf*
*Watatic #36*

## PEPPERONI DIP

**1 (8 oz.) pkg. cream cheese**
**½ c. sour cream**
**1 tsp. oregano**
**⅛ tsp. garlic powder**
**½ c. Ragu pizza sauce**
**½ c. chopped pepperoni**
**¼ c. chopped onion**
**¼ c. chopped green pepper**
**½ c. shredded Mozzarella**

In a small bowl, beat cream cheese, sour cream, oregano and garlic powder. Spread evenly in a 9 or 10-inch pie pan. Spread pizza sauce over top. Spread pepperoni, onion and green pepper. Bake at 350° for 10 minutes. Top with cheese and bake another 5 minutes or until cheese is melted.

*Richard Patten, Master*
*New Hampshire State Grange*

## SAUSAGE CHEESE BALLS

**1 lb. bulk sausage**
**1 lb. shredded Cheddar cheese**
**3 c. Bisquick**

Work all together with hands. Form into medium balls. Bake at 350° for 15 to 20 minutes. Watch; will be dry if overcooked. If flash frozen on pan, can be cooked frozen.

*Donna Slater*
*Antrim #98*

## SPINACH BALLS

**2 pkg. chopped, frozen spinach**
**2 pkg. herb stuffing mix**
**4 eggs, beaten**
**¾ c. melted butter**
**½ c. Parmesan cheese**
**1 medium onion, finely chopped**
**½ tsp. thyme**
**dash of garlic salt**

Thaw spinach and squeeze out excess liquid. Mix all ingredients together. Shape into balls and freeze separately on cookie sheet. When frozen, place in Ziploc bags. When ready to serve, bake at 350° for 15 to 20 minutes.

***Kathie Downes***
***Bartlett #104***

## STUFFED BREAD

**1 loaf frozen bread dough**

Appetizer Style Stuffing:

**sliced meat and cheese (try ham and Swiss or salami and Cheddar)**
**thawed, frozen spinach, drained**
**Feta cheese and/or mushrooms**
**diced, cooked chicken and pesto sauce**

Dessert Style Stuffing:

**mincemeat or peach preserves**

Place loaf of dough in the center of a lightly greased cookie sheet and allow to thaw and rise. When risen, flatten out. Fill with desired ingredients. Bring edges together and seal by pinching dough together. Flip so that seam is on the bottom.

Bake as directed on dough package. Allow to cool slightly before cutting. Cut into ½-inch slices.

***Pam and Dave Szacik***
***Snapee Lake***

## TEN LAYER TACO DIP

**1 lb. hamburger, cooked with taco seasoning**
**1 (8 oz.) pkg. cream cheese, combined with 1 pt. sour cream**
**1 pt. salsa**
**shredded lettuce**
**chopped sweet peppers**
**chopped cukes**
**chopped tomatoes**
**sliced black olives**
**shredded Cheddar and/or Mozzarella cheese**

Layer the ingredients in order in a deep dish. Serve with tacos or crackers.

*Kathie Downs*
*Bartlett #104*

## TERIYAKI APPETIZERS

**1 ½ c. tomato catsup**
**¼ c. soy sauce**
**1 tsp. honey**
**2 tsp. Worcestershire sauce**
**2 doz. chicken wings or drumsticks**

Combine first 4 ingredients. Coat each piece of chicken with sauce. Bake at 350° for 30 to 40 minutes or cook on grill.

*Sandy Baker*
*Jaffery #135*

## BREAD AND BUTTER PICKLES

**6 qt. (15 to 18) green cukes**
**1 qt. sliced (¼-inch) onions**
**2 sweet red peppers, cut in small pieces**
**1 qt. vinegar**
**12 whole cloves**
**8 c. white sugar**
**1 ½ tsp. celery seed**
**1 ½ tsp. turmeric**
**¼ c. canning salt**

Place cucumbers, onions and peppers in enamel or glass bowl and sprinkle with the canning salt. Let stand overnight, then drain and rinse.

Bring vinegar, spices and sugar to a boil; add vegetables. Boil for 7 minutes, then put into hot, sterilized jars and seal. Makes 5 pints.

*K. Patten*
*Bartlett*

## CHOPPED TOMATO PICKLES

**3 qt. chopped, ripe tomatoes**
**3 qt. chopped green tomatoes**
**¾ c. salt**
**3 onions, chopped**
**6 c. sugar**
**½ c. mustard seed**
**1 qt. vinegar**
**1 tsp. cloves and cinnamon**
**6 medium sweet peppers (red and green; 4 if large)**

Mix the first 3 ingredients and let sit overnight; drain. Combine all ingredients and cook slowly until clear. While still hot, put in jars.

*Margaret Balch*
*Morningstar #62*

# COLD PACK CHIP PICKLES

**6 to 8 cukes or zucchini**
**4 to 6 onions**
**3 c. apple cider vinegar**
**3 c. sugar**
**⅓ c. kosher salt**
**1 tsp. whole celery seed**
**1 tsp. whole mustard seed**
**1 tsp. turmeric**

You will also need 1 gallon, glass jar (no plastic). Thoroughly wash the gallon jar.

Combine the vinegar, sugar, salt and spices and allow to stand until sugar is dissolved. Wash vegetables and slice thinly. Fill jar to the top, layering cukes and onions. Add brine mixture. Cover jar and put in refrigerator. Stir with wooden spoon every other day for the first 2 weeks. Divide into smaller jars for easier storage. May be kept in refrigerator for up to 1 year.

Other vegetables may be added or substituted (cauliflower, garlic, yellow zukes, etc.)

***Marion T. Jones***
***Daniel Webster #100***

# CUCUMBER AND PEPPER RELISH A LA PLEASANTDALE

**2 c. coarsely chopped green peppers (sweet)**
**1 c. coarsely chopped red pepper, (sweet)**
**1 c. coarsely chopped onion**
**1 ½ qt. coarsely chopped cucumber**
**1 c. chopped tomatoes**
**1 ½ c. cider vinegar**
**2 Tbsp. salt**
**¾ c. sugar**
**1 tsp. turmeric**
**1 Tbsp. each: whole allspice and cloves**
**2 sticks cinnamon**

Put all vegetables in a 5-quart kettle. Add vinegar. Mix together the salt, sugar and turmeric and add. Tie allspice and cloves in a bag and add along with the cinnamon. Bring to a boil. Cook, uncovered, 20 to 30 minutes or until of medium thickness. Stir occasionally. Put in hot, sterilized jars and seal. Makes about 4 pints.

***Ernest E. Davis, Jr.***
***Moultonborough, #197***

# CRANBERRY CHUTNEY

**4 medium oranges, diced**
**4 c. cranberries**
**2 c. sugar**
**2 c. chopped apples**
**⅔ c. raisins**
**¼ c. chopped walnuts**
**2 Tbsp. vinegar**
**½ tsp. cinnamon**

Put all ingredients in a large pot; bring to a boil. Reduce heat and simmer until cranberries pop. Serve chilled. Goes well with poultry. Keeps well in fridge.

*Camilie Twiss*
*Watatic #36*

## DOG EAR PICKLES

**1 bushel ripe cukes, peeled, seeds removed and quartered**

Syrup:

**2 qt. vinegar**
**2 qt. water**
**6 c. brown sugar**
**1 tsp. each: cinnamon, cloves and dry mustard**

Let cukes stand overnight, sprinkled with salt. Drain in morning.

Make syrup; pour over cukes and cook slowly until transparent. Jar while hot.

*Kathie Downes*
*Bartlett #104*

## MOM'S GREEN TOMATO SWEET PEPPER RELISH

**12 c. coarsely chopped green tomatoes**
**4 c. coarsely chopped sweet peppers**
**2 c. chopped onions**
**4 Tbsp. pickling salt**
**3 c. cider vinegar**
**6 c. sugar**
**1 Tbsp. mustard seed**
**1 Tbsp. celery seed**
**1 Tbsp. pickling spices**

Mix tomatoes, pepper, onions and salt; let stand 1 hour. Drain well. Add remaining ingredients (tie spices in a cloth bag). Bring to a boil; simmer 20 to 25 minutes. Jar and seal. This is the best!

*Kathie Downes*
*Bartlett #104*

## SALSA A LA KATHIE

**½ bushel ripe tomatoes, peeled**
**8 sweet peppers, chopped**
**6 large onions, chopped**
**2 hot peppers, chopped**
**2 to 3 cloves garlic, chopped**
**parsley or cilantro**
**1 c. vinegar**
**salt and pepper**
**oregano**
**Italian spices**
**celery seed**
**Worcestershire sauce**

Season to taste. Boil to desired tenderness. Yields 14 pints.

***Kathie Downes***
***Bartlett #104***

## SLICED CUCUMBER PICKLES

**6 lb. cukes, thinly sliced**
**4 large onions, chopped**
**2 green peppers, chopped**
**½ c. salt**
**5 c. sugar**
**5 c. cider vinegar**
**1 ½ tsp. turmeric**
**2 Tbsp. plus 2 tsp. celery seed**
**2 Tbsp. mustard seed**
**16 whole cloves**

Mix together the cucumbers, onions, salt and peppers in a large bowl. Cover with small ice cubes. Cover with weighted plate and set aside for 3 hours. Drain.

Meanwhile, blend vinegar and remaining ingredients together in a large kettle; add drained vegetables and set over medium heat. Heat thoroughly (do not boil), stirring occasionally with a wooden spoon. Pack into sterilized jars and seal.

***Rhoda Davis***
***Pembroke #111***

## SWEET MIXED PICKLES A LA PLEASANTDALE

**4 qt. cucumber pickles**
**1 qt. button onions**
**2 large sweet red peppers**
**1 large head cauliflower**
**½ c. salt**
**8 c. white sugar**
**5 c. white vinegar**
**1 Tbsp. mustard seed**
**2 Tbsp. pickling spice, tied in cheesecloth bag**

Note: Frozen button or pearl onions work well if fresh are not available.

Cut peppers in pieces. Break cauliflower into small flowerets. Sprinkle salt over vegetables. Cover with water and let sit overnight. Drain and rinse.

Mix together the sugar, vinegar, pickling spice and mustard seed and bring to a boil; pour over drained vegetables. Bring everything back to scalding and put in sterilized jars; seal. Makes 9 pints.

***Ernest E. Davis, Jr.***
***Moultonborough, #197***

# SWEET ONION RELISH A LA PLEASANTDALE

**8 c. chopped onions**
**1 ½ c. chopped sweet red pepper**
**¼ c. salt**
**3 c. sugar**
**1 ½ c. white vinegar**
**1 Tbsp. mustard seed**

Place the first 3 ingredients in a pan. Add water to cover. Let stand overnight, then drain and rinse. Add the remaining 3 ingredients; bring to boiling, then simmer, uncovered, for 30 minutes. Put in hot, sterilized jars and seal.

***Ernest E. Davis, Jr.***
***Moultonborough, #197***

# SWEET PEPPER RELISH A LA PLEASANTDALE

**12 large sweet red peppers, chopped**
**12 large onions, chopped**
**¼ c. salt**
**2 c. sugar**
**1 c. white vinegar**
**1 rounded tsp. mustard seed**

Add the salt to the chopped onions and peppers and add enough water to cover; let stand overnight. Drain and rinse with fresh water. Put vegetables in a large, straight edge kettle and add the sugar, vinegar and mustard seed. Bring to a boil, then simmer for 25 to 30 minutes. Put in sterilized jars and seal.

***Ernest E. Davis***
***Moultonborough #197***

# Soups, Salads & Sauces

# Salads

## Additions and Garnishes

Slice hard-cooked eggs
Radishes
Chopped green or ripe olives
Nut meats
Pimento
Green pepper
Sardines
Anchovies
Slivered cheeses
Julienned ham
Chicken
Grated carrots
Cubed celery
Onions - pickled, grated or pearl onions
Tomatoes, sliced and dipped in finely chopped parsley or chives
Capers
Dwarf tomatoes stuffed with cottage cheese
Fresh herbs - sprigs or chopped
Mint leaves
Cooked beets, cut into shapes or sticks
Lemon slices with pinked edges and dipped in chopped parsley
Raw cauliflower

## Tips for Tossed Salads

Always handle salad greens with care.

Wash well, drain and dry greens before storing:chill well before using.

To core lettuce, smack head stem end down on counter top. Then twist the core out.

It is better to tear greens into bite-sized pieces to avoid bruising with knife.

Don't cut up tomatoes for a tossed salad since their juices thin the dressing and wilt the greens. Using them only for garnishing the salad bowl.

Select only firm, hard, green cucumbers. The skin should have a slight sheen, but if it is highly polished, it is probably waxed and should be removed.

Use wild greens such as dandelion, sorrel or winter cress for a different flavor and texture in tossed salads.

## About Potato Salad-

Potato salad is best made from potatoes cooked in their jackets and peeled and marinated while still warm. Small red waxy potatoes hold their shape when sliced or diced and do not absorb an excessive amount of dressing or become mushy.

## Soup Accompaniments-

Clear Soups - crisp crackers, cheese pastry, cheese-spread toast strips.

Cream Soups - cheese popcorn, seeded crackers, pretzels, pickles and olives.

Chowders and Meat Soups - Melba toast, sour pickles, oyster crackers, bread sticks, relishes, toasted garlic bread.

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## TOMATO SOUP SALAD DRESSING

**1 can tomato soup**
**1 c. vinegar**
**1 or 2 pieces onion**
**½ c. corn oil**
**1 c. sugar**

Blend soup, vinegar, oil and sugar in blender. Add onion pieces and store in closed container until ready to use.

***Bunny Eastman***
***Henry Wilson #205***

## UNCOOKED SALAD DRESSING

**2 egg yolks**
**¼ c. sugar**
**¼ tsp. mustard**
**¼ tsp. salt**
**¾ c. vinegar**
**1 can Eagle Brand condensed milk**
**2 egg whites**

Beat the egg yolks; add sugar, mustard and salt. Stir in condensed milk and vinegar. Beat whites of eggs stiff and fold in last.

## NIPPY MUSTARD

**5 Tbsp. sugar**
**3 Tbsp. Colman's dry mustard (do not use French's)**
**1 Tbsp. flour**
**¼ tsp. salt**
**½ c. white vinegar**
**½ c. heavy cream**
**2 eggs**

Mix dry ingredients in top of a double boiler. Add vinegar and eggs and whip all together. Slowly add heavy cream. Cook over boiling water, stirring constantly, until sauce reaches consistency you like (15 to 20 minutes). Makes a little over 1 pint. Lasts indefinitely in refrigerator.

***K. Patten***
***Bartlett #104***

## OLD SOUTH BARBECUE SAUCE

**2 medium onions, chopped fine**
**2 garlic cloves, minced**
**1 (14 oz.) can whole plum tomatoes**
**1 c. chili sauce**
**¼ c. dark brown sugar**
**5 Tbsp. honey**
**¼ tsp. cayenne pepper**
**2 Tbsp. olive oil**
**½ Tbsp. fresh ginger root**
**⅓ c. soy sauce**
**¼ c. catsup**
**¼ c. dry sherry**
**1 Tbsp. chili powder**
**¼ tsp. crumbled oregano**

Saute onion in oil over low heat 1 minute. Add garlic and ginger; saute 3 minutes. Stir in remaining ingredients. Bring to a boil. Lower heat and simmer for 30 minutes, stirring occasionally. Remove from heat and cool. Refrigerate in covered container for up to 2 weeks. Makes 1 pint.

***K. Patten***
***Bartlett #104***

## HARD SAUCE

**¼ c. butter or margarine**
**¾ c. confectioners sugar**
**¼ tsp. vanilla**

Work butter until creamy. Slowly add confectioners sugar; beat until very light, then add vanilla. Serve Hard Sauce with any hot puddings, such as apple dumpling, bread pudding or any steamed pudding. Will turn hard when refrigerated.

***Carol Eaton***
***Fidelity #300***

## MAPLE SYRUP DRESSING FOR COLESLAW

**2 Tbsp. maple syrup**
**2 Tbsp. mayonnaise**
**1 Tbsp. vinegar**

Mix well. Real good on coleslaw or green salad.

***Wilma Hicks***
***White Mountain #50***

## DRESSING FOR COLE SLAW

**1 large mixing spoonful mayonnaise**
**½ c. sugar**
**3 tsp. ground celery**

This will do a half tub of cole slaw. The tub is that which fish comes in and can be cut to size.

***Carol Eaton***
***Fidelity #300***

## BRIAN'S MARINADE FOR STEAK OR CHICKEN

**3 Tbsp. soy sauce**
**1 Tbsp. olive oil**
**¼ c. ketchup**
**½ tsp. parsley flakes**
**½ tsp. oregano**
**¼ tsp. basil**
**2 Tbsp. finely chopped onion**
**2 Tbsp. brown sugar or honey**

Mix all ingredients. Marinate chicken or steak for 2 to 8 hours. Grill or broil or use in stir-fry.

*Brian Twiss*
*Watatic #36*

## CHILI SAUCE

**12 large, ripe tomatoes**
**2 large onions, chopped**
**2 c. sugar**
**2 c. vinegar**
**1 Tbsp. pickling salt**
**2 large green peppers, chopped**
**1 tsp. celery seed (optional)**
**¼ tsp. cloves (optional)**
**¼ tsp. cinnamon (optional)**
**¼ tsp. ginger (optional)**
**½ tsp. red pepper (optional)**

Peel and cut up tomatoes. Combine with peppers, onions, sugar, vinegar and salt. Now is the time to add spices, if you want to use them. Try both ways. Bring to a boil and boil rapidly 2 hours. Watch carefully last ½ hour, stirring constantly so it will not burn. When reduced by half, thicker or thinner as you desire, ladle into 3 sterilized pint jars, filling to within ¼ inch of top. Process in boiling water bath 5 minutes, timing from when water returns to boiling.

*K. Patten*
*Bartlett #104*

## COLD SPAGHETTI SALAD

**1 pkg. spaghetti**
**4 Tbsp. spaghetti salad seasoning**
**½ to 1 bottle Italian dressing**
**sliced green olives**
**sliced celery**
**sliced carrots**

Cook and drain spaghetti. Mix all ingredients. Chill and serve with crusty bread.

*Donna Slater*
*Antrim #98*

## DAD'S ASPARAGUS VICHYSSOISE

**2 cans chicken broth (regular or low sodium)**
**5 medium potatoes, peeled and cut into 1-inch cubes**
**1 ½ lb. asparagus (fresh, canned or frozen)**
**2 tsp. onion flakes**
**approximately 1 pt. half and half regular or evaporated milk**

In a medium pot, bring the chicken broth to a boil. Add potatoes and cook until reasonably soft. Add asparagus and cook until soft. Cool the potatoes and asparagus slightly, then blend until smooth. Add onion flakes and milk and continue to cook, but do not boil. Add salt and pepper to taste. Serve hot or cold.

(One can of water can be substituted for half of the chicken broth for a less rich soup.)

Try it, you'll like it!

***Arthur Glidden***
***Lake Shore #128***

## AMBROSIA SALAD

**1 bag mini marshmallows**
**1 pt. sour cream**
**1 small can drained crushed pineapple**
**1 small can drained mandarin orange slices**
**1 regular can fruit cocktail**
**1 small jar maraschino cherries**
**½ to 1 c. chopped walnuts**
**½ to 1 c. coconut flakes**

***Kathie Downes***
***Bartlett #104***

## BANANA SPLIT SALAD

**1 c. crushed pineapple**
**2 c. water**
**1 pkg. unflavored gelatin**
**8 large marshmallows**
**2 bananas, sliced**
**2 tsp. lemon juice**
**¼ c. sugar**
**5 tsp. all-purpose flour**
**1 egg**
**1 Tbsp. butter or margarine**
**1 c. heavy cream, whipped**
**¼ c. chopped pecans**

Drain pineapple, reserving ½ cup of juice; set aside. In a saucepan, bring water to a boil and remove from heat. Add gelatin and marshmallows. Stir until dissolved. Chill until partially set. Toss bananas with lemon juice. Fold bananas and pineapple into gelatin. Pour into an 8-inch square dish. Chill until firm.

Combine the sugar, flour and salt in a saucepan; stir in egg and reserved juice. Cook over low heat; stir in butter. Cool. Fold in whipped cream. Spread over gelatin. Sprinkle with pecans. Chill overnight. Yields 9 servings.

***Lottee D. Campbell***
***Warren Pond #49***

## BUMPS ON A LOG SALAD

**1 Tbsp. honey**
**4 Tbsp. crunchy peanut butter**
**bananas, split lengthwise**
**peanut halves**

Mix the honey with the peanut butter. Spread mixture on center of bananas. Put bananas back together. Place on lettuce leaf. Frost top with more mixture and dot with peanut halves. Serve.

***Dick Abbott***
***Grafton Star #60***

## COLESLAW

**1 head cabbage**
**½ bunch celery**
**6 carrots**
**2 small green peppers**
**¼ small onion**
**1 Tbsp. sugar**
**2 Tbsp. vinegar**
**salt to taste**
**mayonnaise**

Chop cabbage and celery fine. Grind carrots, peppers and onions. Add sugar, salt and pepper. Mix well. Add vinegar. Mix enough mayonnaise to moisten.

## EGGLESS EGG SALAD

**1 pkg. Mori-NuLite tofu (firm), drained**
**1 tsp. each: apple cider vinegar and honey**
**2 tsp. mustard**
**½ tsp. turmeric**
**2 Tbsp. diced celery and onion**
**1 tsp. parsley, chopped**
**dash of paprika and pepper to taste**

Crumble tofu into a small bowl. In a separate bowl, combine vinegar, honey, mustard and turmeric. Mix thoroughly and pour over tofu. Add the remaining ingredients and mix thoroughly. Refrigerate for 30 minutes to allow flavors to meld.

***John Bean***
***Contookook #218***

## GINGER ALE SALAD

**1 qt. golden ginger ale**
**1 large box lemon Jell-O**
**1 large, grated carrot**
**1 can crushed pineapple, drained**
**1 large scoop whipped cream or 1 heaping Tbsp. mayonnaise**

Bring golden ginger ale to a boil and dissolve Jell-O in it. Add grated carrot and pineapple. Pour into a mold of your choice. When set, remove from mold and garnish with mayonnaise or whipped cream before serving.

*Sandy Baker*
*Jaffrey #135*

## FREEZER COLE SLAW

**1 medium head cabbage, shredded (about 10 c.)**
**1 carrot, shredded**
**1 green pepper, chopped**
**1 tsp. salt**
**1 c. vinegar**
**2 c. sugar**
**1 tsp. celery seed**
**1 tsp. mustard seed**

Combine the first 4 ingredients in a large bowl and let set 1 hour.

Place the remaining ingredients in saucepan; boil 1 minute, then cool. Drain vegetables and add vinegar mix; stir gently. Ladle into plastic freezer containers and freeze. When ready to use, defrost and serve chilled. Makes 1 ½ to 2 quarts.

*Jan Whitford*
*Daniel Webster #100*

## GREEN PINEAPPLE SALAD

**1 (8 oz.) pkg. cream cheese**
**1 pkg. lime jello**
**1 (8 oz.) can crushed pineapple**
**1 pt. heavy cream**
**¼ c. nuts**

Put jello and cream cheese in a bowl. Drain pineapple, reserving juice. Add water to make 1 full cup of juice and bring to a boil. Add to cream cheese mixture and beat until smooth. Cool. Whip cream and fold in. Fold in crushed pineapple and nuts. Pour into ½-quart container. Chill.

Note: One 8 ounce container of Cool Whip may be substituted for homemade.

*Frances Pepau*
*Stratford #238*

## MOLDED SALAD

**2 c. water**
**1 large pkg. raspberry Jell-O**
**1 c. jellied cranberry sauce**
**8 oz. sour cream**
**1 c. walnuts**

Add 1 cup of boiling water to cranberry sauce to dissolve, then add 1 more cup of boiling water and Jell-O to dissolve. Add nuts. Pour half of mixture into mold and chill. Spread sour cream over top and then remaining Jell-O mixture. Chill.

***Debbie Patten***
***New Hampshire State Ceres***

## PINEAPPLE LIME RING

**1 (3 oz.) pkg. lime jello**
**1 c. boiling water**
**½ c. cold water**
**1 Tbsp. lemon juice**
**1 (8 oz.) pkg. Philadelphia cream cheese, softened**
**1 ½ c. Kraft mini marshmallows**
**2 (8 ¼ oz.) cans crushed pineapple, drained**
**½ c. chopped nuts**

Dissolve gelatin in boiling water. Add cold water and juice. Gradually add gelatin mixture into cream cheese, mixing until blended. Chill until thickened, but not set. Fold in marshmallows, pineapple and nuts. Pour into 6-cup ring mold and chill until firm. Unmold onto serving plate. Makes 6 servings.

Preparation time: 10 minutes plus chilling.

***Virginia Clark***
***New Hampshire State Pomona***

## YUMMY SALAD

**4 oz. Cool Whip**
**8 oz. cottage cheese**
**1 small can crushed pineapple**
**½ small pkg. jello (raspberry is good)**
**½ c. nuts**

Mix cheese, drained pineapple and dry jello together. Fold in Cool Whip and nuts. Refrigerate.

***Marjorie Huntoon***
***Blazing Star***

## CHICKEN CHOWDER

**1 can cream of mushroom soup**
**1 can cream of chicken soup**
**1 can corn**
**1 (4 oz.) can chopped chilies**
**3 c. potatoes, cooked and cut up**
**¼ c. chopped onion**
**1 ½ or 2 c. chicken, cooked and cut up**
**¾ to 1 qt. milk, cream or half and half**

Put all in a kettle or crock-pot and heat thoroughly. Very good!

***Jean Abbott***
***Riverside #137***

## ITALIAN SAUSAGE STEW

**1 (approximately 16 oz.) pkg. Italian sausage (sweet or hot)**
**2 (13 oz.) cans chicken broth**
**1 (14 oz.) can sauerkraut**
**1 (28 oz.) can crushed tomatoes in puree**
**½ medium cabbage, shredded**
**1 medium onion, chopped**
**oregano, garlic pepper and Italian spice to taste**

In a large kettle, bring to a boil the chicken broth. Remove the casings from the sausage, cut into 1-inch pieces and drop into broth. Let cook 2 minutes. Add remaining ingredients and cook until all vegetables are soft. Serve with homemade biscuits or hot rolls. Delicious.

***Arthur Glidden***
***Lake Shore #128***

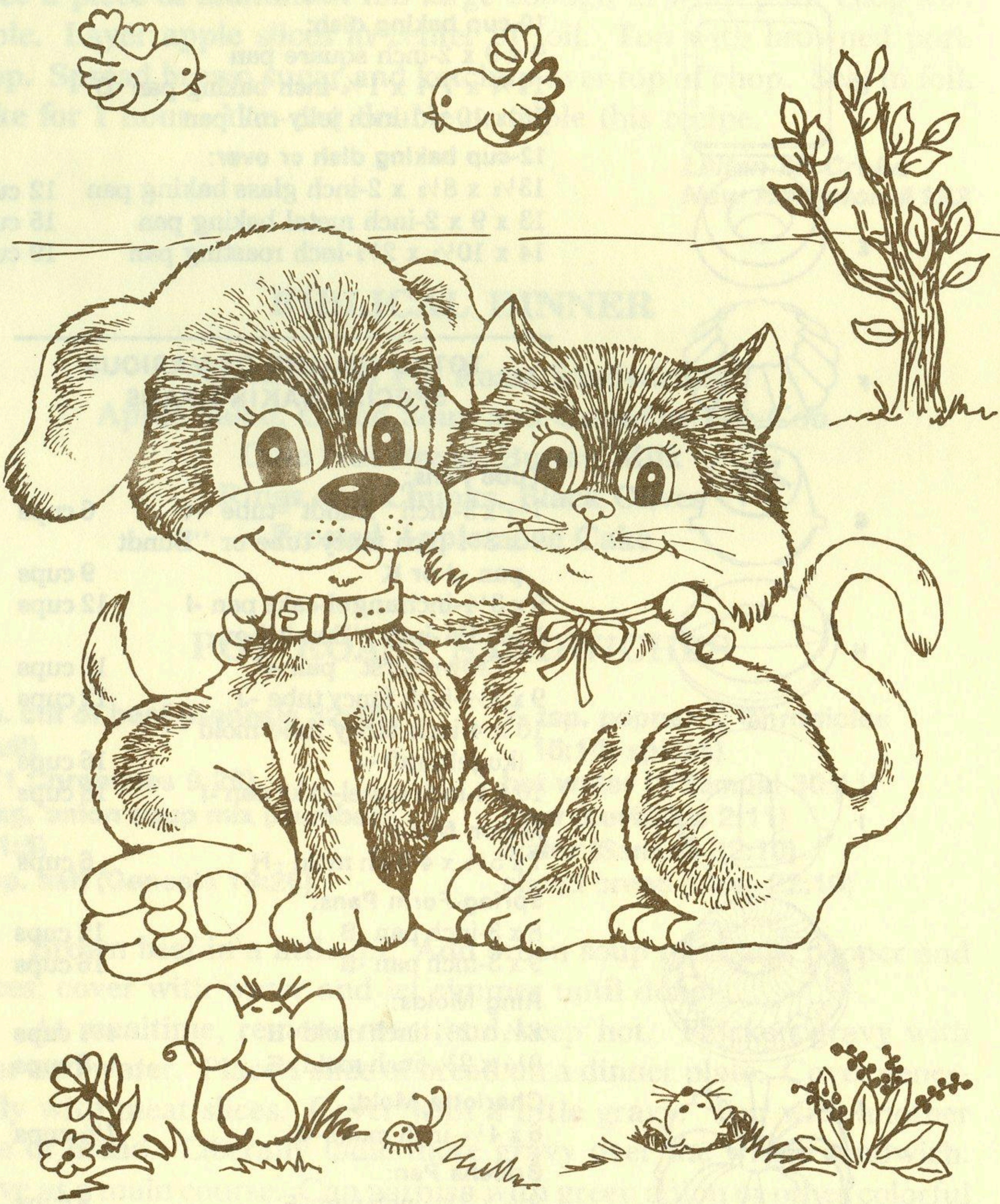
## ORZO SOUP

**1 lb. hamburg**
**1 (14 oz.) can stewed tomatoes with celery and green peppers**
**2 beef bouillon cubes**
**1 pkg. Lipton onion soup mix**
**1 (10 oz.) pkg. frozen mixed vegetables**
**½ c. orzo pasta (uncooked)**
**6 c. water**

In Dutch oven, cook hamburg until browned. Add stewed tomatoes, chopped. Add other ingredients, except orzo. When mixture comes to a boil, slowly pour in orzo. Let simmer for ½ hour. If too thick, more water can be added.

***Frances Pepau***
***Stratford #238***

# Main Dishes



# Common Kitchen Pans to Use as Casseroles




**WHEN THE RECIPE CALLS FOR:**

**4-cup baking dish:**
9-inch pie plate
8 x 1¼-inch layer-cake pan -**C**
7 3/8 x 3 5/8 x 2¼-inch loaf pan -**A**

**6-cup baking dish:**
8 or 9 x 11½-inch layer-cake pan -**C**
10-inch pie plate
8½ x 35/8 x 25/8-inch loaf pan -**A**

**8-cup baking dish:**
8 x 8 x 2-inch square pan -**D**
11 x 7 x 1½-inch baking pan
9 x 5 x 3-inch loaf pan -**A**

**10-cup baking dish:**
9 x 9 x 2-inch square pan
11¾ x 7½ x 1¾-inch baking pan -**D**
15 x 10 x 1-inch jelly-roll pan

**12-cup baking dish or over:**

| | |
|---|---|
| 13½ x 8½ x 2-inch glass baking pan | 12 cups |
| 13 x 9 x 2-inch metal baking pan | 15 cups |
| 14 x 10½ x 2½-inch roasting pan | 19 cups |

## TOTAL VOLUME OF VARIOUS SPECIAL BAKING PANS

**Tube Pans:**

| | |
|---|---|
| 7½ x 3-inch "Bundt" tube -**K** | 6 cups |
| 9 x 3½-inch fancy tube or "Bundt pan -**J or K** | 9 cups |
| 9 x 3½-inch angel-cake pan -**I** | 12 cups |
| 10 x 3¾-inch "Bundt" or "Crownburst" pan -**K** | 12 cups |
| 9 x 3½-inch fancy tube -**J** | 12 cups |
| 10 x 4-inch fancy tube mold (kugelhupf) -**J** | 16 cups |
| 10 x 4-inch angel-cake pan -**I** | 18 cups |

**Melon Mold:**

| | |
|---|---|
| 7 x 5½ x 4-inch mold - **H** | 6 cups |

**Spring-Form Pans:**

| | |
|---|---|
| 8 x 3-inch pan -**B** | 12 cups |
| 9 x 3-inch pan -**B** | 16 cups |

**Ring Molds:**

| | |
|---|---|
| 8½ x 2¼-inch mold -**E** | 4½ cups |
| 9¼ x 2¾-inch mold -**E** | 8 cups |

**Charlotte Mold:**

| | |
|---|---|
| 6 x 4¼-inch mold -**G** | 7½ cups |

**Brioche Pan:**

| | |
|---|---|
| 9½ x 3¼-inch pan -**F** | 8 cups |

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## BAKED PORK CHOPS WITH APPLE

**1 tsp. butter or oleo**
**1 pork chop**
**1 apple, pared and sliced**
**1 Tbsp. brown sugar**
**1 Tbsp. ketchup**

Preheat oven to 375°. Brown pork chop in oleo. In baking dish, place a piece of aluminum foil large enough to wrap pork chop and apple. Layer apple slices in center of foil. Top with browned pork chop. Spread brown sugar and ketchup over top of chop. Seal in foil. Bake for 1 hour. You can double or triple this recipe.

***Lillian McCrebs***
***New Hampton #123***

## BIBLICAL DINNER

Open-Faced Pot Roast Sandwiches
Apple Salad, Onion Soup and Corn-On-The-Cob
Date Nut Bread, Butter, Milk
Rings and Chunks, Black Olives
Frosted Applesauce Cake

## POT ROAST SANDWICHES

**3 lb. cut of beef (Genesis 32:15, bull)**
**oil (1 Chronicles 9:29)**
**1 pkg. onion soup mix (Numbers 11:5)**
**1 tsp. salt (Genesis 19:26)**
**½ tsp. pepper (2 Chronicles 16:14, spices)**
**hot water (1 Samuel 30:11)**
**flour (Leviticus 2:11)**
**water (Samuel 32:10)**
**sliced bread (Luke 22:19)**

Brown beef in a little oil. Add onion soup mix, salt, pepper and spices; cover with water and let simmer until done.

At mealtime, remove meat and keep hot. Thicken gravy with flour and water. Place 1 slice of bread on a dinner plate. Cover generously with meat slices. Cover with a little gravy. Top with another slice of bread. Liberally ladle more gravy over the whole sandwich. Serve as a main course. Can garnish with green onion or other colorful greens.

## APPLE SALAD

**1 c. diced apples (Proverbs 7:2)**
**½ c. chopped nuts (Solomon 6:11)**
**¾ c. raisins (1 Samuel 30:12)**
**2 Tbsp. sweet cider or unworked vinegar (Ruth 2:14)**
**2 Tbsp. sugar (Jeremiah 6:20; sweet cane)**
**½ c. mayonnaise**

Mix the apples, nuts and raisins. Blend the cider, sugar and mayonnaise. Mix into apple mixture, cover and refrigerate at least an hour before serving.

## RINGS AND CHUNKS

**2 medium sized onions (Numbers 11:5), sliced in thin rings**
**¼ lb. strong rat trap cheese (Job 10:10), sliced into ¼-inch chunks**
**1 Tbsp. sugar (Jeremiah 6:20)**
**dash of pepper (2 Chronicles 16:14, spices)**
**¼ tsp. salt (Leviticus 2:13)**
**¾ c. vinegar (Ruth 2:14)**
**¼ c. water (1 Samuel 30:11)**

Peel the onions and slice in thin rings. Cut the cheese into chunks. In a quart jar with cover, shake the following mixture: sugar, pepper, salt, vinegar and water. Add cheese and onions and shake again. Store in refrigerator overnight and serve as pickles.

Note: You may want to add a bit more vinegar if it is not enough to cover ingredients. May add more sugar to suit your taste.

## CHEESY ONION SOUP

**4 large onions (Numbers 11:5)**
**3 Tbsp. butter (Genesis 18:8)**
**4 c. beef broth (Genesis 32:15)**
**croutons (Luke 3:11, bread)**
**grated cheese (Job 10:10)**

Peel and slice onions thin. Brown slightly in butter. Add beef broth; boil gently in a kettle or bake in a covered casserole dish until onions are tender. Add croutons and pour soup over them in serving bowls. Sprinkle top with grated cheese. (Can use a slice of toast in each bowl instead of croutons.)

## CORN-ON-THE-COB

**ears of corn (Genesis 42:4), husks and silk removed**
**boiling water (1 Samuel 30:11), slightly salted (Genesis 19:26)**
**warm, melted butter (Genesis 18:8)**

Place corn in boiling, slightly salted water; cover and boil for 5 minutes or until heated thoroughly. Roll in warm, melted butter. Serve.

## DATE NUT BREAD

½ c. sugar (Jeremiah 6:20, sweet cane)
2 eggs (Job 6:6)
1 c. chopped dates (Deuteronomy 34:3)
½ c. chopped nuts (Solomon 6:11)
½ c. shortening (Nehemiah 8:10, fat)
⅔ c. milk (Deuteronomy 32:14)
2 c. flour (Leviticus 2:2)
½ tsp. salt (Leviticus 2:13)
1 tsp. soda (Exodus 12:15, leavening)

Beat the sugar, shortening, eggs, salt and soda until smooth. Add milk and beat some more. Roll nuts and dates in flour and add to mixture, folding in until smooth. Bake in a greased and floured bread pan until done when tested with a toothpick, about 1 hour at 350°. Cool on a rack and serve with your favorite spread.

## APPLESAUCE CAKE WITH WHITE FROSTING

1 c. sugar (Jeremiah 6:20, sweet cane)
½ c. oil (Leviticus 2:1)
1 tsp. cinnamon (Proverbs 7:17)
½ tsp. nutmeg (1 Kings 10:2, spices)
½ tsp. cloves (1 Kings 10:10, spices)
1 tsp. soda (Exodus 12:15, leavening)
½ tsp. salt (Leviticus 2:13)
2 eggs (Job 6:6)
1 c. applesauce (Joel 1:2)
½ c. raisins (1 Samuel 30:12)
½ c. chopped nuts (Solomon 6:11)
2 c. flour (Leviticus 2:2)

Beat the sugar, oil, cinnamon, nutmeg, cloves, soda and salt. Add eggs and beat again until very smooth. Add applesauce and beat in well. Roll raisins and nuts together in the flour. Fold into mixture and bake at 350° in an 8 or 9-inch pan for about 55 minutes.

White Frosting:

butter (Genesis 18:8) the size of a walnut (Sol. 6:11)
¼ tsp. salt (Leviticus 2:13)
1 tsp. confectioners sugar (Jeremiah 6:20, sweet cane)

Mix together.

## MAYONNAISE

1 egg (Job 6:6)
½ c. canned milk (Deuteronomy 32:14)
1 tsp. dry mustard (Matthew 18:31)
¼ tsp. salt (Leviticus 2:13)
½ c. melted butter or oleo (Genesis 8:18)
½ c. vinegar (John 19:30)

Mix for at least 3 minutes with electric mixer, longer if by hand. Put in tightly covered jar and refrigerate for at least an hour before using.

## WHITE BREAD

1 ½ pt. water (1 Samuel 30:11)
1 tsp. salt (Leviticus 2:13)
2 Tbsp. sugar (Jeremiah 6:20)
3 Tbsp. shortening (Nehemiah 8:10, fat)
2 packets dry yeast (Exodus 12:15, leavening)
flour (Leviticus 2:2)

Dissolve yeast in a cup of warm water. Warm rest of water to room temperature. Add all ingredients but flour and then the yeast mixture and blend. Last add flour, enough to make a good dough, about 4 cups. Let rise to double in size. Knead down and divide into 2 loaves. Let rise in well-greased tins. When full size, bake in a 400° oven for 10 minutes.

Reduce heat to 375° and bake until golden brown and pan sizzles when tapped with a wet finger and sounds hollow when tapped with the knuckle. Turn out on a rack. Grease while hot to make a softer crust. Let cool and store in airtight, plastic bags. Wonderful for toast.

## BOEUF MIROTON (BEEF IN ONION SOUP)

3 large onions, finely chopped
3 Tbsp. butter
1 Tbsp. flour
2 Tbsp. vinegar
1 c. beef stock or consomme
2 Tbsp. tomato paste

This dish is intended for leftover roast beef or pot roast and is great for serving leftovers hot instead of cold.

In a covered skillet, simmer chopped onions in butter, stirring often. When they are golden, sprinkle on flour and blend thoroughly. Add vinegar, stock and tomato paste. Season the sauce with salt, pepper and a touch of mixed garlic and simmer for 20 minutes. Pour half

the sauce into a shallow baking dish. On it, arrange the slices (8 or so) of beef and cover them with the rest of the sauce.

At this point, the miroton freezes well, if you wish to save it for later. Sprinkle the dish lightly with breadcrumbs and grated Parmesan cheese. Cook in moderate oven until bread crumbs brown. Serves 4.

***Nancy Philbrook***
***Winthrop #315***

## BROCCOLI CHICKEN CASSEROLE

**2 cans white chunk chicken**
**2 pkg. frozen broccoli, thawed**
**2 pkg. grated cheese**
**2 cans mushroom or broccoli soup**

Layer broccoli, soup, chicken and cheese. Top with bread crumbs and bake until cheese is melted.

***Sandy Baker***
***Jaffrey #135***

## CAPTAIN TOM'S FISH BAKE

**1 c. chopped onion**
**1 c. chopped celery**
**½ c. chopped parsley**
**2 lb. fish fillets**
**1 tsp. salt**
**⅛ tsp. pepper**
**¼ c. vegetable oil**
**¾ tsp. paprika**
**1 (16 oz.) can tomato sauce**

Combine onion, celery and parsley with oil in a pan and steam-fry until celery is tender. Place in bottom of casserole and layer fish on top in serving size pieces. Season with salt and pepper. Drizzle oil over top. Sprinkle with paprika.

Bake in a 375° oven for 10 minutes. Pour tomato sauce over the fish. Bake 30 to 35 minutes longer or until fish is flaky.

Fresh or frozen fish can be used.

***Tillie Meyers***
***Winthrop #315***

## CHEDDAR CHEESE AND LENTIL LOAF

(Meatless Meat Loaf)

**2 c. cooked lentils**
**1 c. soft breadcrumbs**
**½ lb. grated Cheddar cheese**
**½ small onion, chopped**
**1 egg, slightly beaten**
**½ tsp. salt**
**1 Tbsp. melted butter**
**¼ tsp. pepper**
**¼ tsp. thyme**

Mix all ingredients thoroughly. Pat into a 9 x 13-inch loaf pan. Bake at 350° for 45 minutes or until nicely set. May be served with tomato sauce. Makes 6 servings.

*Camilie Twiss*
*Watatic #36*

## CHEESY MOSTACCIOLI

**1 lb. pkg. mostaccioli pasta, cooked**
**1 ½ lb. ground beef, browned and drained**
**1 (11 oz.) can Cheddar cheese soup**
**1 (30 oz.) jar spaghetti sauce**
**½ tsp. black pepper**
**1 tsp. Italian seasoning**
**3 c. shredded Mozzarella cheese**

Preheat oven to 375°. Combine pasta, meat, soup and spaghetti sauce. Add pepper, seasoning and 2 cups cheese. Mix to combine. Place in baking dish. Sprinkle remaining cheese on top. Bake for 25 minutes. Yields 8 to 10 servings.

Kids love this one!

*Camilie Twiss*
*Watatic #36*

## CHICKEN BROCCOLI

**2 c. cooked chicken, cubed**
**1 bunch cooked broccoli**
**1 can cream of chicken soup**

Mix these ingredients in a casserole dish and bake at 350° for 20 minutes.

You can use the "Healthy Request" soup for less fat and salt. Great for using up leftover chicken.

*Timothy Vek*
*Mt. Washington #116*

## CHICKEN BROCCOLI CASSEROLE

**1 Tbsp. oil**
**1 lb. boneless, skinless chicken, cut in strips**
**1 onion, cut in pieces**
**1 green or sweet red pepper, cut in squares**
**1 can cream of broccoli soup**
**3 Tbsp. water**
**1 tsp. soy sauce**

In skillet in hot oil, brown chicken half at a time. Add onion and pepper. Cook until tender and crisp. Stir in soup, water and soy sauce. Cover; simmer 5 minutes or until vegetables are tender. Serve over rice. Makes 4 servings.

*Alta Hammett*
*Halloween #307*

## CHINESE CHICKEN

**1 large onion, chopped**
**2 c. carrots, thinly cut**
**1 large pepper, cut in hunks**
**1 can pineapple chunks, including juice**
**cherries (for color)**
**3 Tbsp. soy sauce**
**2 Tbsp. cornstarch**
**½ c. cider vinegar**
**½ c. sugar**
**2 c. cooked chicken**
**tomatoes (if you like)**

Cook in a little water and butter.

*Ina Mae Smith*
*Ashuelot #129*

## DIETER'S VEGETABLE SANDWICH

**raw onion slices**
**cucumbers**
**green pepper**
**apple slices**
**dill pickle**
**mushrooms**
**tomatoes**

Spread low-fat mayo on 2 slices of white bread. Slice the ingredients very thin and layer in order. Between the apple slices and the dill pickle, sprinkle with seasoned salt, then continue. On top of the tomatoes, sprinkle more seasoned salt and top with last slice of bread.

In know this sounds like a weird sandwich, but the combination is delicious!

*Nan Scott*
*Pine Grove #198*

## EMPANADAS

Filling:

**1 lb. beef shank**
**cumin and salt to taste**
**1 lb. potatoes**
**4 Tbsp. oil**
**½ c. hogao**

Dough:

**1 lb. threshed corn**
**2 Tbsp. cassava starch**
**2 Tbsp. grated panela**
**1 Tbsp. salt**
**oil**

Filling: Cook the meat in 2 cups of water with salt and cumin for 1 ½ hours. At the same time, cook unpeeled potatoes in water and a little salt for 30 minutes. Remove skin and dice. Cut the meat into small pieces and saute in oil. Add the potatoes and the hogao. Stir well.

Dough: Cook the corn in sufficient water for 1 ½ hours. Drain the corn, grind it and mix in cassava starch, the panela and the salt. Blend. Knead the dough into small balls. Flatten them with your fingers on a damp dishcloth. Place a spoonful of filling in the center of each round; fold over and squeeze edges, making a half moon. Fry in abundant very hot oil until golden. Serve hot with aji sauce and limes.

***Juan Carlos Aceros***
***Pineconia #322***

## HAM LOAF FOR 36 TO 40 PEOPLE

(Great for Potluck)

**3 lb. ground ham**
**3 lb. ground beef**
**1 doz. eggs**
**1 large box cornflakes**
**1 (46 oz.) can tomato juice**

Mix and let stand. Shape into 2 loaves. Bake at 350° for 30 minutes. Reduce to 300° for 1 to 1 ½ hours.

***Sandy Baker***
***Jaffrey #135***

## HAMBURGER VEGGIE BISCUITS

**1 lb. ground beef or turkey**
**1 onion, chopped**
**1 can vegetable soup**
**1 can biscuits**

Brown meat. Add onion; mix and brown together. Add can of vegetable soup, juice and all. Mix well. Put hamburg and onion soup in frypan. Cook for a few minutes to blend together. Place in a 9 x 13-inch pan or deep baking dish. Place biscuits on top of mixture.

Bake in 350° to 400° oven until biscuits are brown. Serve hot. Can serve 4 to 100 people.

For every pound of meat, increase other ingredients the same (3 pounds, 3 onions, 3 cans, etc.).

*Clarice Carlcum*
*Stratford #238*

## HAWAIIAN MEATBALLS

**1 ½ lb. ground beef**
**cracker crumbs**
**minced onion**
**egg**
**1 ½ tsp. salt**
**¼ tsp. ginger**
**¼ c. milk**

Sauce:

**2 Tbsp. cornstarch**
**½ c. brown sugar**
**1 (13 oz.) can pineapple tidbits (reserve juice)**
**⅓ c. vinegar**
**1 Tbsp. soy sauce**
**⅓ c. chopped green pepper**

Mix and roll into balls; brown in 1 tablespoon of shortening. Pour off excess. Bring all sauce ingredients except pineapple and green pepper to a boil to thicken. Pour over meatballs, pineapple and pepper.

I also add 1 can of tomatoes, ⅓ cup of celery and ⅓ cup of onions.

*Kathie Downes*
*Bartlett #104*

## MACARONI AND CHEESE

**8 oz. macaroni**
**¼ c. margarine**
**¼ c. flour**
**2 c. milk**
**8 oz. sharp Cheddar (Cabot's best), diced**
**4 Tbsp. seasoned bread crumbs**
**dash of onion powder**
**scant ½ tsp. salt**
**¼ tsp. pepper**
**scant ¼ tsp. ground mustard**

Cook macaroni according to package directions and drain. Place in greased 2-quart baking dish and set aside.

In saucepan, melt margarine over medium heat. Stir in flour, salt, pepper, onion powder and mustard until well blended. Gradually add milk; bring to a boil. Cook, stirring constantly, for 2 minutes. Reduce heat. Add diced, cubed Cheddar; stir until cheese melts. Pour over macaroni and mix well. Sprinkle with bread crumbs. Dot with margarine. Bake, uncovered, at 375° for 30 minutes. Serves 6.

*Kathryn L. Smilo*
*Chichester #132*

# MACARONI AND TUNA CASSEROLE

**4 oz. macaroni or noodles**
**⅓ c. milk**
**¼ c. mayonnaise or salad dressing**
**1 c. flaked tuna**
**¼ c. dry bread crumbs**
**1 Tbsp. melted butter**
**1 c. shredded American cheese**
**1 c. cream of celery soup**

Cook and drain macaroni. Blend soup, milk and mayonnaise. Stir in cheese and tuna. Fold in macaroni. Combine crumbs and butter; sprinkle on top of casserole. Bake, uncovered, at 350° until heated, 30 to 35 minutes.

***Irene Lynde***
***White Mountain #50***

# MY NO-LONGER-A-SECRET MEAT LOAF

**2 eggs**
**1 small onion**
**2 lb. hamburg**
**4 oz. potato chips**
**¾ c. milk**
**salt and pepper to taste**

Beat eggs. Add diced onion, hamburg, crushed potato chips, milk, salt and pepper. Bake in 2-quart dish at 350° for 1 hour until cooked. Serves 6 hungry people.

***Dorothy Haskins***
***Daniel Webster #100***

# ONION-MUSHROOM MEAT LOAF

**2 lb. hamburg**
**1 (1 ½ oz.) envelope onion-mushroom or onion soup mix**
**⅔ c. milk**
**1 egg**
**3 Tbsp. brown sugar**
**3 Tbsp. catsup**
**1 Tbsp. prepared yellow mustard**

Mix hamburg, soup mix, milk and egg. Press firmly into ungreased loaf pan. Loosen edges with spatula and unmold onto center of ungreased pan.

Mix remaining ingredients and spread over meat loaf top and sides. Bake, uncovered, 1 hour at 350°.

***Kathryn L. Smilo***
***Chichester #132***

# OVEN CACCIATORE

**1 ½ to 2 lb. chicken pieces**
**1 can tomatoes**
**6 baking potatoes, cut lengthwise in wedges**

Marinade:

**¼ c. oil**
**½ c. vinegar**

Breadcrumbs:

**½ c. breadcrumbs**
**1 Tbsp. grated Romano cheese**
**1 tsp. salt**
**½ tsp. pepper**
**½ tsp. garlic salt**
**1 ½ tsp. oregano**

In a 13 x 9-inch pan, layer chicken pieces, potatoes and tomatoes. Add bread crumb mix on top of this and marinade over all. Bake at 350° for 1 ½ to 2 hours. You may need to cover with foil at first in order to get the potatoes done. Serves 4 to 6.

***Roy Birard***
***Mt. Washington***

# PORK PIE

**3 c. roast pork, cubed**
**4 potatoes**
**2 onions**
**2 carrots**
**1 can creamed corn**
**milk**
**1 can peas, drained**
**2 tsp. poultry seasoning**
**1 tsp. salt**
**½ tsp. pepper**
**1 Tbsp. cornstarch (optional)**

Chop leftover roast pork or pork chops into ½-inch cubes. Peel and dice potatoes. Chop onions. Shred or chop carrots. Cook until tender. Place everything into a large bowl and mix well. Fill two 9-inch pie plates. Cover with pie crust and bake 50 minutes until golden brown. Serve with applesauce.

***Timothy Vlk***
***Mt. Washington #116***

# PORK CHOP N' POTATO BAKE

**6 pork chops**
**oil**
**seasoned salt**
**1 can mushroom soup**
**½ c. milk**
**½ c. sour cream**
**¼ tsp. pepper**
**1 c. shredded cheese**
**1 pkg. hash brown potatoes**

Mix together the soup, milk, sour cream, spices, cheese and potatoes. Place potato mix on the bottom of a greased 9 x 13-inch pan. Top with pork chops. Bake, covered, at 350° for 40 minutes.

***Dawn Dean***
***Pine Gove #298***

## RUNZAS

Crust:

**1 cake yeast**
**2 c. milk**
**1 ½ c. sugar**
**½ c. shortening**
**3 eggs, beaten**
**7 to 8 c. flour**

Filling:

**1 large head cabbage, shredded**
**2 lb. hamburg, browned**
**2 large onions, chopped**
**salt and pepper to taste**
**oil**

Drain drippings from hamburg and add oil, enough to make 1 ½ cups. Return to pan. Add cabbage and onions; brown. Cover and simmer 15 minutes. Cool.

Meanwhile, mix crust as for bread. Raise to double bulk, punch down and raise again. Turn out and divide into ⅜-inch thick 6-inch squares. Place filling on squares and pinch up corners. Place on cookie sheet pinched side down; raise until doubled again and bake at 400° for 20 minutes. Yields 24.

***Lillian Merrill***

## SCALLOP PORK CHOP CASSEROLE

**6 or 8 pork chops (½ to ¾ inch thick)**
**1 tsp. salt**
**2 c. water**
**2 medium carrots, thinly sliced**
**1 (10 oz.) pkg. frozen Italian green beans**
**2 Tbsp. butter or margarine**
**1 (5.5 oz.) pkg. scalloped potatoes**
**1 can cream of celery or cream of mushroom soup**
**⅔ c. milk**
**½ tsp. dried basil**
**½ tsp. Worcestershire sauce**

Heat oven to 350°. Trim fat from chops; brown in skillet. Sprinkle with salt. Heat water to boiling; add carrots and beans. Bring to boiling; stir in butter and scallop potato mix. Combine soup, basil and Worcestershire sauce and stir into vegetable mixture. Pour into

ungreased 13 ½ x 8-inch baking dish. Place pork chops on top; cover and bake 45 minutes. Let stand 5 minutes before serving. Makes 6 to 8 servings.

Timing Tip: If you want to serve at a different time after baking, reduce oven temperature to 150° and cover with foil. Dish will hold up to 45 minutes.

Hint: Buy loin chops (boneless); brown, then cut into strips and prepare as directed.

***Wanetta Hannux***
***Mt. Washington #116***

## SHRIMP CREOLE

**2 Tbsp. butter**
**2 medium onions, chopped**
**½ medium green pepper, chopped**
**½ c. celery, chopped**
**2 c. cooked tomatoes**
**1 pkg. frozen pea pods**
**1 Tbsp. flour**
**dash of black pepper**
**1 ½ tsp. salt**
**1 c. water**
**1 tsp. sugar**
**2 c. cooked shrimp**

Melt butter in skillet. Saute pepper, onions and celery until tender. Add tomatoes, salt, pepper and water. Cover and cook about 10 minutes. Combine flour and sugar; add enough water to make a smooth paste. Stir into tomato mixture. Cook and stir until slightly thickened. Add shrimp and partially thawed pea pods. Cook until pea pods are tender, about 5 minutes. Serve over fluffy rice. Serves 6.

I often use a small can of cooked shrimp.

***Barbara J. Frangione***
***Chichester #132***

## SKILLET CASSEROLE

**2 small zucchini squash**
**1 c. macaroni**
**1 can tomato soup**
**1 lb. hamburg**
**2 small onions**

Simmer in skillet for ¾ hour.

***Wilma Hicks***
***White Mt. #50***

## SPAGHETTI AMORE

**1 lb. ground beef**
**½ c. chopped onion**
**¼ c. chopped green pepper**
**2 Tbsp. shortening**
**1 can cream of mushroom soup**
**1 can cream of tomato soup**
**1 soup can water**
**1 minced clove garlic**
**½ c. shredded sharp cheese**
**½ lb. spaghetti**

Lightly brown beef, onion and green pepper in shortening, stirring occasionally. Add soups, water and garlic and heat. Blend in the cheese. Cook spaghetti, drain and place in 3-quart casserole. Mix in other ingredients. Bake at 350° for about 30 minutes or until bubbly. Serves 6.

***Frances Towne***
***Joe English #53***

## SPANISH RICE

**1 lb. sausage links or patties**
**1 large onion**
**1 large green pepper**
**1 qt. stewed tomatoes**
**1 small box Minute rice**
**salt and pepper to taste**

In a large frying pan, fry sausage until done, breaking it into small pieces; set aside. Saute onion and pepper in some of the sausage fat. Add sausage and tomatoes. Add water and rice and cook as directed on rice package.

***Carol Eaton***
***Fidelity #300***
***N.H. State H.E.C.***

## STUFFED FRENCH TOAST

**8 slices good, sturdy bread without crusts**
**8 oz. cream cheese, cubed**
**12 eggs**
**½ c. maple syrup**
**2 c. milk**

Cube bread slices and place half in the bottom of a 9 x 13-inch casserole dish. Add cream cheese cubes, then remaining bread. Beat eggs and combine with maple syrup and milk. Pour over bread mixture. Cover and refrigerate overnight.

Next day, bake at 375° for 45 minutes. Serves 8 to 10. This is a great recipe when entertaining overnight guests and is also great as a leftover warmed up in the microwave.

***Beth Merrill***
***Antrim #98***

# SWEDISH HAMBURGER
## (Swenska Kottbullar)

**2 lb. hamburg**
**½ lb. ground pork**
**2 onions, grated**
**2 lb. potatoes, peeled and raw**
**2 eggs, beaten**
**1 ½ tsp. salt**
**1 tsp. pepper**

Steam like brown bread.

***Sandy Baker***
***Jaffrey #135***

# SWEET AND SOUR KIELBASA

**1 Tbsp. soy sauce**
**3 Tbsp. cornstarch**
**3 Tbsp. vinegar**
**6 Tbsp. water**
**½ c. sugar**
**1 (8 oz.) can chunk pineapple**
**½ bottle maraschino cherries**
**1 each: green, yellow and red sweet peppers, sliced**
**1 lb. kielbasa**

Slice kielbasa ¼ inch thick. Fry kielbasa until brown. Add peppers and cook until they wilt. Take out of pan. Add remaining ingredients except for the fruit. Cook until shiny and thick. Return kielbasa and peppers to pan with sauce. Add fruit and heat until hot. Serve over rice or with toothpicks.

***Sharon Blais***
***Chichester #132***

# TANWICH

**2 Tbsp. peanut butter**
**2 Tbsp. Marshmallow Fluff**
**a little milk**

Mix in a cup until well blended and follows the spoon. Spread on bread or crackers or roll into bite size balls. This is much easier to spread than a fluffanutter and can be made up and kept in the refrigerator until needed.

***Nancy Bean***
***Oak Hill #32***

# TUNA-MACARONI CASSEROLE

**4 oz. small shell macaroni**
**1 can cream of celery soup**
**⅓ c. milk**
**¼ c. mayonnaise or salad dressing**
**1 c. shredded cheese**
**1 c. tuna, drained**
**¼ c. chopped pimento**
**¼ c. fine, dry bread crumbs**
**1 Tbsp. melted butter or margarine**
**½ tsp. paprika**

Cook macaroni according to package directions; drain. Blend together soup, milk, mayonnaise and mustard. Stir in cheese, tuna and pimento. Gently fold in cooked macaroni. Turn into a 1 ½-quart casserole. Combine crumbs, butter and paprika; sprinkle on top of casserole.

Bake, uncovered, at 350° until heated through, 40 to 45 minutes. Garnish with parsley, if desired. Serves 4 to 5.

***Beryl Boyle***
***Riverside #137***

## VENISON ROAST

**1 c. salad oil**
**1 tsp. salt**
**1 ½ tsp. pepper**
**1 ½ tsp. Worcestershire sauce**
**¾ c. vinegar**
**1 clove garlic**
**2 ½ to 3 lb. roast**

Combine and pour over roast. Let set overnight. Remove roast from sauce. Place on rack in roaster. Add ⅓ cup of water to sauce if thickened. Pour over roast. Bake at 325° for 2 hours.

***Bunny Eastman***
***Henry Wilson #205***

## –•EXTRA RECIPES•–

# Vegetables

# How To Can Vegetables

## POINTS ON PACKING

**Raw pack.** - Pack cold raw vegetables (except corn, lima beans, and peas) tightly into container and cover with boiling water.

**Hot pack.** - Preheat vegetables in water or steam. Cover with cooking liquid or boiling water. Cooking liquid is recommended for packing most vegetables because it may contain minerals and vitamins dissolved out of the food. Boiling water is recommended when cooking liquid is dark, gritty, or strong-flavored, and when there isn't enough cooking liquid.

## PROCESSING IN A PRESSURE CANNER

Use a steam-pressure canner for processing all vegetables except tomatoes and pickled vegetables.

Directions. - Follow the manufacturer's directions for the canner you are using. Here are a few pointers on the use of any steam-pressure canner:

•Put 2 or 3 inches of boiling water in the bottom of the canner; the amount of water to use depends on the size and shape of the canner.

•Set filled glass jars or tin cans on rack in canner so that steam can flow around each container. If two layers of cans or jars are put in, stagger the second layer. Use a rack between layers of glass jars.

•Fasten canner cover securely so that no steam can escape except through vent (petcock or weighted-gage opening).

•Watch until steam pours steadily from vent. Let it escape for 10 minutes or more to drive all air from the canner. Then close petcock or put on weighted gage.

•Let pressure rise to 10 pounds (240 degrees F.) The moment this pressure is reached start counting processing time. Keep pressure constant by regulating heat under the canner. Do not lower pressure by opening petcock. Keep drafts from blowing on canner.

•When processing time is up, remove canner from heat immediately.

**With glass jars,** let canner stand until pressure is zero. Never try to rush the cooling by pouring cold water over the canner. When pressure registers zero, wait a minute or two, then slowly open petcock or take off weighted gage. Unfasten cover and tilt the far side up so steam escapes away from you. Take jars from canner.

## HOW TO CHECK CANNING JARS

The first step in home canning should take place long before food and equipment are assembled and ready to go. Jars and other supplies should be checked prior to the canning session. In that way, you can replace damaged supplies and purchase new ones to avoid costly delays or inconvenience.

Here are some tips to help you.

**Choosing mason jars.** Jars manufactured especially for home canning generically are called mason jars and must be used when preserving. They are designed with a specially threaded mouth for proper sealing with mason lids. So, can with standard mason jars only.

**Preparing glass jars.** Check all jars, rings, and lids carefully. Discard any with nicks or cracks in top sealing edge and threads that may prevent airtight seals. Rings should be free of dents or rust. Select the size of closures - widemouth or regular - that fits your jar. Wash jars in hot, soapy water and rinse well. Then place in boiling water for 10-15 minutes. Keep jars in hot water until ready to use. Boil lids according to package directions.

**Closing glass jars.** Always wipe jar rim clean after food product is packed. Place lid on jar with button side up. Screw rings on firmly, but don't force. Do not re-tighten rings after processing or cooling.

A new lid that snaps down and clicks as the jar cools, providing visible proof of sealing, called Magic Button (R) is made by Owens-Illinois. Its read button pops up when the seal is broken. The Magic Mason jars that go with the special lids have metric measurements as well as customary U.S. measurements molded on the side.

**Jar transfer.** Use jar lifter or long-handled canning tongs to transfer jars to and from canner safely. Place hot jars on rack or towel, allowing 2-inches of air space on all sides for jars to cool evenly.

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# VEGETABLES

## AREPA DE CHOCLO

**10 sweet ears of corn**

Remove the grains from the ears of corn and grind into a smooth paste. Roll into balls and flatten with the palm of your hand, using a damp cloth, if desired. Place on a grill and roast over a low flame, turning the arepas over to cook on both sides. In the middle of the process, one can slit them open and insert slices of white cheese. Replace them on the grill for 2 minutes or until cheese melts.

***Juan Carlos Aceros***
***Pineconia #322***

## AREPA DE MAIZ

**1 kilo (2 lb.) whole corn**

Soak the white or yellow corn in water with lye for 24 hours. Drain and wash well. Scrub to remove husks and impurities. Cook in fresh water to cover for 1 ½ hours. When the corn is soft, remove, drain, grind and knead into a dough. Shape flat or round arepas and place on a grill over medium heat. Turn over to toast on both sides.

***Juan Carlos Aceros***
***Pineconia #322***

## BAKED LIMA BEANS

**1 qt. lima beans**
**cold water**
**½ lb. salt pork**
**½ c. molasses**
**½ c. sugar**
**½ tsp. soda**
**½ tsp. dry mustard**
**½ tsp. salt**
**½ tsp. ginger**
**¼ c. honey**
**¼ c. maple syrup**

Soak the beans in cold water overnight. Parboil them the next morning until skins break when you blow on them. Rinse in cold water. Add the salt pork and all other ingredients. Cover with water and bake slowly all day in a 350° oven.

***Raymon Willard***
***Miller #34***

## BLACK BEANS AND RICE

1 lb. black beans
2 ½ qt. water
1 green pepper, sliced
1 medium onion, quartered
5 cloves garlic, minced
½ tsp. oregano
½ tsp. cumin
3 Tbsp. vinegar
3 Tbsp. olive oil
1 to 2 tsp. salt
4 c. hot, cooked rice

Rinse beans and cover with water. Add green pepper and half of the onion. Soak overnight. Add 4 cups of water and bring to a boil. Reduce heat. Cover and simmer until beans are tender, about 2 ½ hours.

Mix together in blender or food processor the remaining half of the onion, garlic, oregano and cumin. Mix in 1 tablespoon of vinegar. In small frying pan, saute the onion mixture in 1 tablespoon of olive oil about 5 minutes or until golden. Stir in the remaining oil and vinegar to the onion mixture, then add it to the beans. Add salt to taste; simmer for another 15 to 20 minutes just before serving. Spoon over hot rice and serve.

*Camilie Twiss*
*Watatic #36*

## BROCCOLI CASSEROLE

2 pkg. frozen, chopped broccoli
1 can cream of mushroom soup
1 medium onion, chopped
1 c. mayonnaise
1 c. grated cheese
2 eggs, beaten
salt and pepper to taste
Ritz cracker crumbs

Cook broccoli according to package directions. Mix remaining ingredients. Combine with drained broccoli. Spoon into large casserole dish and top with Ritz crumbs. Bake at 350° for 45 minutes.

*Lillian McCrebs*
*New Hampton #123*

## BROCCOLI RICE CASSEROLE

1 small onion, chopped
½ c. chopped celery
1 (10 oz.) pkg. chopped broccoli
1 Tbsp. butter or margarine
1 (8 oz.) jar processed cheese spread
1 can cream of mushroom soup (undiluted)
1 (5 oz.) can evaporated milk
3 c. cooked rice

In a large skillet over medium heat, saute onion, celery and broccoli in butter for 3 to 5 minutes. Stir in cheese, soup and milk until smooth. Place rice into a greased 8-inch square baking dish. Pour cheese mixture over; do not stir. Bake, uncovered, at 325° for 30 minutes or until hot and bubbly.

*Alice Cate*
*Hooksett #148*

## CROCK FOR BEANS, 8-10

**1 lb. ground beef**
**¼ lb. Italian sausage**
**1 c. diced onions**
**½ lb. bacon**

**1 can each: pork and beans, kidney beans, lima beans, butter beans and garbanzo beans, drained**

Sauce:

**½ c. catsup**
**¾ c. brown sugar**
**½ c. white sugar**

**2 Tbsp. vinegar**
**1 tsp. dry mustard**
**1 tsp. salt**

Brown together ground beef, sausage and onions. Separately brown the bacon; drain and dice. Add beans. Add sauce ingredients; cook in crock-pot 3 to 4 hours or ovenbake at 350° for 45 minutes.

You may not want to use as much sugar.

*Elaine Hearn*
*Riverhill #346*

## GERMAN BAKED BEAN CASSEROLE

**1 large can baked beans**
**½ lb. hamburg**
**1 small onion**
**2 tsp. butter**

**¼ c. catsup**
**3 Tbsp. brown sugar**
**¾ c. applesauce**
**1 tsp. Worcestershire sauce**

Brown hamburg and onion in butter. Combine remaining ingredients in a large casserole dish. Bake at 325° for 45 minutes.

Do not use homemade beans for this. Does not come out the way it should. Don't tamper with success!

*Viola Blake*
*New Hampton #123*

# KATHY'S GREEN BEAN HOLIDAY CASSEROLE

**2 cans green beans**
**1 can cream of mushroom soup**
**¾ c. milk**
**1 large can French fried onions**
**dash of pepper**

Mix soup and milk with small amount of bean juice (2 tablespoons). Stir in beans, pepper and half of the French fried onions. Bake 25 minutes at 325° until hot and bubbly. Top with remaining onions and bake a few minutes until browned.

***Kathe Twiss Wolf***
***Watatic #36***

# MUSHROOMS FLORENTINE

**2 pkg. frozen, chopped spinach**
**¼ c. chopped onion**
**¼ c. melted butter**
**1 tsp. salt**
**1 lb. fresh mushrooms**
**2 Tbsp. butter**
**1 c. grated Cheddar**
**garlic salt**

Slice and saute mushrooms. Cook spinach according to package directions and drain well. Place in bottom of casserole. Sprinkle with onions, salt and ¼ cup melted butter. Layer half of the grated cheese over the spinach. Add mushrooms; sprinkle with salt and remaining cheese. Bake for 20 minutes at 350°.

***Ann Leger***
***Winthrop #315***

# PINEAPPLE BEETS

**2 Tbsp. brown sugar**
**1 Tbsp. cornstarch**
**¼ tsp. salt**
**1 (8 oz.) can pineapple tidbits (undrained)**
**1 (16 oz.) can sliced beets, drained**
**1 Tbsp. butter or margarine**
**1 Tbsp. lemon juice**

In a saucepan, combine brown sugar, cornstarch and salt. Add pineapple and bring to a boil, stirring constantly until thick, about 2 minutes. Add the beets, butter and lemon juice. Cook over medium heat for 5 minutes, stirring occasionally.

***Alice Cate***
***Hooksett #148***

# PITA VEGETABLE PATTIES

**3 large pita pockets**

Vegetable Patties:

**1 Tbsp. vegetable oil**
**3 Tbsp. green onions, minced**
**1 clove garlic, crushed**
**1 c. shredded zucchini**
**½ c. each: chopped red pepper and mushrooms and shredded carrot**

**Herb Dressing (recipe follows)**

**1 c. shredded cheese (your choice)**
**¼ c. wheat flour**
**2 eggs**
**1 tsp. Worcestershire sauce**
**6 slices tomato**

Herb Dressing:

**1 c. low-fat milk**
**1 c. plain yogurt**

**1 pkg. Original Ranch dressing**

Heat oil in heavy skillet; saute the onions and garlic. Add zucchini, red pepper, mushrooms and carrot. Saute; stir frequently about 5 minutes. Place mixture in a large bowl; stir in cheese. Add flour. Toss to combine. Stir in eggs. Add Worcestershire sauce and pepper; mix well.

Reheat skillet. Grease lightly and spread approximately ⅓ cup of batter for each patty onto hot skillet. Brown on both sides. Keep warm.

Cut pita in half; open and slip in patty and 1 slice of tomato. Spoon 2 tablespoons Herb Dressing over each. Serve immediately.

Herb Dressing:

**1 c. low-fat milk**
**1 c. plain yogurt**

**1 pkg. Original Ranch dressing**

Mix well.

***Camilie Twiss***
***Watatic #36***

# SCALLOPED TURNIPS

**3 c. peeled turnips**
**2 c. water**
**1 tsp. sugar**
**2 Tbsp. oleo**
**3 Tbsp. flour**
**¾ tsp. salt**
**1 ½ c. milk**
**¼ c. crushed cornflakes**

Put turnip, water and sugar in saucepan; simmer 5 to 8 minutes. Drain. Set aside.

In saucepan, melt oleo; stir in flour and salt. Add milk gradually. Bring to a boil. Cook and stir for 2 minutes. Add turnips. Pour in greased 1-quart baking dish. Sprinkle with cornflakes. Bake, uncovered, at 350° for 20 minutes.

***Irene Lynde***
***White Mt. #50***

## SCALLOPED TURNIPS

**3 c. diced, peeled turnips**
**2 c. water**
**1 tsp. sugar**
**2 Tbsp. butter or margarine**
**3 Tbsp. flour**
**¾ tsp. salt (optional)**
**1 ½ c. milk**
**¼ c. crushed cornflakes**

Place the turnips, water and sugar in a saucepan and simmer for 5 to 8 minutes or until tender. Drain and set aside.

In another saucepan, melt butter; stir in flour and salt, if desired. Gradually add milk; bring to a boil. Cook and stir for 1 to 2 minutes and stir in turnips. Pour into a greased 1-quart baking dish. Sprinkle with cornflakes.

Bake, uncovered, at 350° for 20 minutes or until bubbly. Garnish with chopped parsley, if desired.

***Ora Clark***
***Prentice Hill #257***

## SPICY BAKED FRENCH FRIES

**8 large potatoes, washed and sliced into steak fries**
**Pam**
**3 Tbsp. Cajun seasoning**

Preheat oven to 450°. Line a baking sheet with foil. Spray foil with Pam and place potatoes in a single layer. Spray tops of potatoes with Pam and bake for 10 minutes. Turn over potatoes and bake for another 7 to 10 minutes. Remove potatoes and place in colander; sprinkle with Cajun seasoning or any other flavoring you may enjoy. Toss to distribute spices evenly. Serve and enjoy!

***Sharon Blais***
***Chichester***

# SWANSON SKINNY MASHED POTATOES

**5 large potatoes, cut into pieces**
**2 (14 ½ oz.) cans Swanson chicken broth**
**generous dash of pepper**

In saucepan, place potatoes and broth. Over high heat, heat to boil. Cover and cook over medium heat 10 minutes or until potatoes are tender. Drain, reserving broth. Mash with 1 ¼ cups of broth and pepper. If needed, add additional broth until potatoes are desired consistency.

You can also use instant potato flakes and substitute broth for the water, milk and butter. Serves 6.

***Elizabeth Frisbee***
***Fidelity #300***

# VEGETABLE CASSEROLE

**½ c. elbow macaroni**
**2 or 3 sliced tomatoes**
**2 sliced onions**
**1 medium zucchini or eggplant**
**2 cloves garlic, minced**
**chopped basil**
**1 beaten egg**
**½ to ¾ c. chicken stock**
**salt and pepper to taste**
**½ c. or more shredded cheese**

Oil a 2-quart casserole. Cook macaroni and place in bottom of casserole. Place vegetables in layers, sprinkling the tomatoes with basil, making 2 layers of the onions and zucchini or eggplant and ending with tomatoes. Combine egg and broth and pour over mixture.

Bake in a 350° oven for 45 to 55 minutes. Top with shredded cheese the last few minutes.

***Edna Clark***
***Ezekiel Webster #94***

## -•YOUR FAVORITE RECIPES•-

**Recipe** **Page Number**

# Breads, Rolls, Pies & Pastry

# Baking Tips

| COMMON PROBLEMS [Common Failures] | CAUSES OF PROBLEMS [Causes of Failures] |
|---|---|
| **Biscuits** | |
| Rough biscuits | Insufficient mixing |
| Dry biscuits | Baking in to slow an oven and handling too much |
| Uneven browning | Cooking in dark surface pan, too high a temperature and rolling the dough too thin |
| **Breads (yeast)** | |
| Porous bread | Over-rising or cooking at too low a temperature |
| Crust is dark and blisters just under the crust | Under-rising |
| Bread does not rise | Over-kneading or using old yeast |
| Bread is streaked | Under-kneading and not kneading evenly |
| Bread bakes unevenly | Using old, dark pans, too much dough in pan, crowding the oven shelf or cooking at too high a temperature |
| **Cakes** | |
| Cracks and uneven surface | Too much flour, too hot an oven and sometimes from cold oven start |
| Dry cakes | Too much flour, too little shortening too much baking powder or cooking at too low a temperature |
| Heavy cakes | Too much sugar or baking too short a period |
| Sticky crust | Too much sugar |
| Coarse grained cake | Too little mixing, too much shortening, too much baking powder, using shortening too soft, and baking at too low a temperature |
| Fallen cakes | Using insufficient flour, under baking, too much sugar, too much shortening or not enough baking powder |
| Uneven color | Cooking at too high a temperature, crowding the shelf (allow at least 2 inches around pans) or using dark pans |
| Uneven browning | Not mixing well |
| **Cookies** | |
| Uneven browning | Not using shiny cookie sheet or not allowing at least 2 inches on all sides of cookie sheets in oven |
| Soggy Cookies | Cooling cookies in pans instead of racks |
| Excessive spreading of cookies | Dropping cookies onto hot cookie sheets; not chilling dough; not baking at correct temperature |
| **Muffins** | |
| Coarse texture | Insufficient stirring and cooking at too low a temperature |
| Tunnels in muffins, peaks in center and soggy texture | Overmixing |
| **Pies** | |
| Pastry crumbles | Over-mixing flour and shortening |
| Pastry tough | Using too much water and over-mixing the dough |
| Pies do not brown (fruit or custard) | Bake at constant temperature (400-425 degrees ) in Pyrex or enamel pie pan |

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## ALL-PURPOSE WHITE BREAD
(A Family Favorite)

**2 pkg. yeast, dissolved in warm water**
**4 c. warm water**
**⅓ c. sugar**
**⅓ c. canola oil**
**1 Tbsp. salt**
**11 to 12 c. flour (unbleached)**

Put water, sugar, oil and salt in a dough mixer. Add yeast and mix with 3 cups of flour. Add remaining flour and mix thoroughly until dough forms a ball around the dough hook. Let rise in mixer until doubled, about 1 hour. Punch down and shape into 4 loaves. Bake at 400° for 30 to 35 minutes.

To make a light wheat bread, I substitute 3 cups wheat flour for 3 of the unbleached.

***Winnifred Hoyt***
***Oak Hill #32***

## BROWN BREAD

**1 ½ c. flour**
**3 tsp. baking powder**
**½ c. sugar**
**½ tsp. salt**
**1 c. milk**
**3 tsp. molasses**
**1 egg**
**4 Tbsp. melted butter or shortening**
**½ c. raisins**

Sift flour, baking powder, sugar and salt. Add raisins. Pour milk and molasses. Add egg and shortening. Add to flour mixture and blend. Bake in greased loaf pan in moderate oven (350°) for 1 hour or until done.

***Beryl Buzzell***
***New Hampton #123***

## CORN BREAD
(Johnny Cake)

**1 c. yellow corn meal**
**1 c. all-purpose flour**
**¼ c. sugar**
**4 tsp. baking powder**
**½ tsp. salt**
**1 c. milk**
**1 egg**
**¼ c. canola oil**

Combine corn meal, flour, baking powder and salt. Add milk, egg and oil. Beat until fairly smooth. Bake in greased 8-inch square baking pan.

Heat oven to 425° and bake for 20 to 25 minutes. Makes about 9 servings.

***John Bean***
***Contookook #216***

## GOLDEN CORN BREAD

**1 c. corn meal**
**1 c. flour**
**¼ c. sugar (optional)**
**½ tsp. salt**
**1 egg**
**¼ c. shortening**
**4 tsp. baking powder**

Sift together corn meal, flour, sugar, baking powder and salt. Add egg, milk and shortening. Beat with rotary beater until smooth, about 1 minute. Bake in greased 8-inch square baking pan in pre-heated hot oven (425°) for 20 to 25 minutes.

***Beryl Buzzell***
***New Hampton #123***

## GLENNIS' ROLLS

**1 egg**
**⅔ c. sugar**
**1 scant tsp. salt**
**2 ½ c. hot milk**
**3 c. flour**
**¼ c. water**
**1 pkg. yeast**
**2 c. flour**

Beat together the egg, sugar and salt. Add hot milk to mixture. Add 3 cups of flour, unsifted. Add water, yeast and remaining 2 cups of flour. Put in greased bowl and pour melted butter over dough; let rise until doubled in size. Turn out on board with a lot of flour. Knead to touch. Cut out circles. Make like Parker House rolls. Dip in butter and place buttered side up in a greased bread pan. Brush top with butter. Let rise. Bake at 350° for 35 minutes.

***Kim Campbell***
***Warren Pond #47***

## HOT ROLLS

**1 pkg. yeast, dissolved in ¼ c. warm water**
**½ c. sugar**
**2 eggs, beaten**
**1 c. warm water**
**½ c. oil**
**1 tsp. salt**
**4 c. flour**

Mix dissolved yeast, sugar, eggs and warm water. Add salt, oil and flour. Let stand 8 hours or overnight. Divide in 3 parts. Roll out as if you were making pie crust. Cut each part into 8 sections and roll as for crescent rolls. Place on greased cookie sheet or pan. Let rise 6 hours. Bake 10 to 12 minutes at 375°. Yields 24 rolls.

***Winifred Hoyt***
***Oak Hill #32***

## SPEEDIE ROLLS

**6 ½ c. all-purpose flour**
**2 c. lukewarm water**
**⅓ c. sugar**
**1 Tbsp. salt**
**2 eggs**
**½ c. shortening**
**2 Tbsp. dry yeast**

Place water, sugar and yeast in mixing bowl. Add salt and 2 cups of flour; beat with mixer for 2 minutes. Add eggs and cooled, melted shortening. Beat 1 minute. Gradually add remaining 4 ½ cups of flour, stirring until dough is firm. Allow dough to rest in bowl 20 minutes or longer for ease in handling. Put on floured board and shape into rolls. Let rise until doubled. Bake at 350° for 20 to 30 minutes.

***Mary Felton***
***Mount Hope #77***

## APPLE BREAD

**1 c. sugar**
**½ c. margarine**
**2 small eggs**
**¼ tsp. salt**
**2 c. flour**
**1 tsp. soda**
**1 tsp. baking powder**
**2 Tbsp. sour milk**
**1 c. raw apples (unpeeled)**
**1 tsp. vanilla**

Cream the sugar and margarine. Add eggs and mix. Add remaining ingredients. Bake in loaf pan at 350° for 1 hour.

***Beryl Buzzell***
***New Hampton #123***

## APRICOT BREAD

**1 c. snipped dried apricots**
**2 c. warm water**
**1 c. sugar**
**2 Tbsp. butter or margarine, softened**
**1 egg**
**¾ c. orange juice**
**2 c. all-purpose flour**
**¼ tsp. baking soda**
**2 tsp. baking powder**
**1 tsp. salt**
**¾ c. chopped nuts**

Soak apricots in warm water for 30 minutes. Meanwhile, in a mixing bowl, cream the sugar, butter and egg. Stir in orange juice. Combine flour, baking powder, baking soda and salt. Stir into creamed mixture just until combined. Drain apricots well; add to batter with nuts. Pour into greased 9 x 5 x 3-inch loaf pan.

Bake at 350° for 55 minutes or until bread tests done. Cool 10 minutes in pan before removing to a wire rack. Yields 1 loaf.

***Lillian Merrill***

## BANANA NUT BREAD

**3 large, ripe bananas, mashed**
**1 egg**
**1 tsp. soda**
**2 Tbsp. butter**
**vanilla**
**2 c. flour**
**1 c. walnuts**
**½ tsp. salt**
**⅔ c. sugar**

Cream the shortening and sugar. Add beaten eggs. Add mashed bananas. Sift salt, soda and flour together and add to the first mixture. Add nuts along with flour. Bake 1 hour in slow oven (300°).

***Beryl Buzzell***
***New Hampton #123***

## BLUEBERRY ORANGE BREAD

**3 c. flour**
**¾ c. sugar**
**½ c. shortening**
**1 tsp. salt**
**¼ tsp. soda**
**1 tsp. baking powder**
**½ c. milk**
**3 eggs**
**1 Tbsp. grated orange peel**
**⅓ c. orange juice**
**1 c. blueberries**
**½ c. chopped nuts**

Grease loaf pan. Preheat oven to 350°. Mix together the flour, soda, baking powder and salt. In a large bowl, beat butter and sugar until light and fluffy. Mix in eggs, milk and orange juice and peel. Stir in flour mixture until blended. Fold in blueberries and nuts. Remove from oven for 1 hour. Cool and wrap.

***Ina Mae Smith***
***Ashuelot #129***

# CARROT BREAD

(Courtesy of Esther Bell, Gorham, Maine)

**1 ½ c. sifted flour**
**1 tsp. baking powder**
**1 tsp. baking soda**
**¼ tsp. salt**
**1 tsp. cinnamon**
**¾ c. oil**
**1 c. sugar**
**2 eggs**
**1 c. finely grated carrots**
**½ c. finely chopped walnuts**

Sift together the dry ingredients except nuts. In a bowl, combine oil, sugar and eggs; beat well. Add dry ingredients to egg mixture and beat until smooth. Add carrots and nuts; blend well. Turn into a well-greased loaf pan (9 x 5 x 3-inch). Bake at 350° for 55 to 60 minutes. Makes 1 loaf. Serves 8 to 10 people.

***Clarice Corkum***
***Stratford #238***

# CRANBERRY BANANA BREAD

**1 c. sugar**
**½ c. butter**
**1 c. mashed bananas**
**¼ c. milk**
**2 eggs**
**2 c. flour**
**2 tsp. baking powder**
**½ c. chopped walnuts**
**1 ½ c. Ocean Spray fresh or frozen cranberries**

Preheat oven to 350°. Grease an 8 ½ x 4 ½ x 2 ½-inch loaf pan. Mix sugar and butter together in a medium mixing bowl until completely blended. Add bananas, milk and eggs, mixing well. Add dry ingredients, mixing just until moist. Stir in nuts and cranberries. Spread batter evenly in loaf pan. Bake for 1 hour and 10 minutes or until toothpick comes out clean. Remove from pan and cool completely on a wire rack.

***Patricia Cutter***
***Bartlett #104***

# CRANBERRY ORANGE BREAD

**2 c. flour**
**1 ½ tsp. baking powder**
**1 tsp. baking soda**
**½ tsp. salt**
**1 c. sugar**
**1 egg, beaten**
**½ c. orange juice**
**grated rind of 1 orange**
**2 Tbsp. melted butter**
**2 Tbsp. hot water**
**1 c. whole cranberries**
**1 c. chopped walnuts**

Combine dry ingredients in a small bowl; set aside. Mix beaten egg with orange juice, rind, butter and hot water. Fold flour mixture into egg mixture until blended. Do not beat. Gently fold in cranberries and walnuts. Spoon into greased 9 x 6-inch pan.

Bake at 325° for 60 minutes. Test in center with wooden pick. Cool on rack 15 minutes before removing from pan.

***Edna Clark***
***Ezekiel Webster #94***

## CRANBERRY PUMPKIN BREAD

**4 c. flour**
**2 tsp. baking powder**
**2 tsp. soda**
**1 ¼ tsp. cinnamon**
**2 c. sugar**
**1 tsp. vanilla**
**2 c. pumpkin (canned or fresh)**
**4 eggs**
**½ c. cooking oil**
**2 c. coarsely chopped cranberries**
**½ c. chopped nuts**
**1 c. confectioners sugar**
**½ tsp. almond extract**
**milk to blend**

Grease and flour 2 long loaf pans. In a large bowl, add sugar, oil, eggs, vanilla and pumpkin and mix well. Add dry ingredients and beat until smooth. Bake at 375° for 60 to 65 minutes.

In a medium bowl, mix confectioners sugar, almond extract and milk, enough to mix sugar. Drizzle over bread.

***Annette Lindenberger***
***New Hampton, #123***

## FRUIT BREAD

**1 c. sugar**
**1 tsp. soda**
**½ c. shortening**
**2 eggs**
**½ tsp. salt**
**1 tsp. baking powder**
**1 c. applesauce, pineapple, berries, bananas, squash, pumpkin or other such leftovers**
**1 c. raisins and/or nuts**
**2 c. flour**

Cream the first 6 ingredients. Add applesauce. Add raisins to the flour and beat in until dissolved. Bake at 375° in bread tins or muffin tins until done.

***Betty Abbott***
***Grafton Star #60***

## GINGERBREAD

**½ c. sugar**
**½ c. shortening**
**1 egg**
**1 c. molasses**
**2 ½ c. flour**
**1 ½ tsp. soda**
**1 tsp. cinnamon**
**1 tsp. ginger**
**½ tsp. cloves**
**½ tsp. salt**
**1 c. hot water**

Cream together the shortening and sugar. Add egg and beat, then add molasses and mix well. Sift all dry ingredients and mix well with the creamed mixture. Stir in the hot water and beat well. Bake in a 350° oven for 30 to 40 minutes.

For something special, add 1 cup blueberries to the batter.

***Beryl Buzzell***
***New Hampton #123***

## GRANDMA RILEY'S BANANA BREAD

**¼ c. shortening**
**1 c. sugar**
**2 eggs, beaten**
**3 mashed bananas**
**1 ½ c. flour**
**½ tsp. salt**
**1 tsp. soda**

Cream the shortening and sugar. Add eggs and bananas. Sift in dry ingredients; mix well. Bake at 350° for 1 hour.

I make this at the hospital where I work. It can be doubled or tripled to make more loaves. I make 8 loaves at a time. We use it for vending orders and we sell a lot of loaves at Thanksgiving and Christmas.

***Pat Curtis***
***White Mountain #50***

## JIFFY FRUIT BREAD

**1 egg**
**2 Tbsp. salad oil**
**1 c. flour**
**¾ c. cranberry sauce, broken up**
**1 c. flour**
**1 tsp. baking powder**
**¼ tsp. each: soda and salt**
**¼ c. sugar**
**¼ c. raisins**
**¼ c. nuts**

Stir together to blend. Grease loaf pan and bake at 350° for 45 minutes.

***Ina Mae Smith***
***Ashuelot #129***

# JIFFY ORANGE-NUT BREAD

**2 c. sifted flour**
**1 tsp. baking soda**
**1 tsp. baking powder**
**½ tsp. salt**
**2 Tbsp. butter or shortening**
**½ c. boiling water**
**rind of orange (2 Tbsp.)**
**⅓ c. orange juice**
**1 c. sugar**
**2 tsp. vanilla**
**1 egg, lightly beaten**
**½ c. coarsely chopped walnuts**

Grease an 8 ½ x 4 ½ x 2 ½-inch loaf pan. Preheat oven to 350°. Put dry ingredients into sifter. Melt butter in boiling water in a medium bowl. Blend in orange rind and juice, sugar, vanilla and egg. Sift dry ingredients over orange mixture and add nuts. Batter will be lumpy. Pour batter into greased pan. Bake for 1 hour or until wooden pick comes out clean. Remove from pan and cool on wire rack.

***Helen Houston***
***Ezekiel Webster #94***

# LEMON BREAD

**1 c. butter, softened**
**4 eggs**
**½ tsp. salt**
**grated peel of 1 lemon**
**2 c. sugar**
**3 c. flour**
**1 c. buttermilk**
**1 c. finely chopped nuts**
**1 tsp. soda**
**¼ c. lemon juice**
**1 c. confectioners sugar**

Cream the butter and sugar. Mix at high speed. Add eggs; beat well. Add in the flour, baking soda, salt, lemon rind and nuts. Mix well. Grease and flour two 9 x 5 x 2-inch loaf pans. Bake at 300° for 1 hour and 20 minutes.

Mix lemon juice and confectioners sugar. Pour over bread while still warm. Cool. Yields 2 loaves.

***Grace Jeffers***
***New Hampton #123***

# PEPPERONI BREAD

Note: This bread is meant to be made in 2 days. It can be adapted for making in 1 day. Simply omit the refrigeration portion of the directions. Also note: Read the directions before you start.

**2 ½ c. all-purpose flour**
**1 Tbsp. sugar**
**1 tsp. salt**
**1 Tbsp. yeast or 1 packet dry yeast**
**½ c. plus 2 Tbsp. hot tap water**
**1 Tbsp. margarine**
**1 egg**
**3 oz. pepperoni**
**8 oz. shredded Mozzarella cheese**

Day 1: Measure into bowl 1 ½ cups of flour, the sugar, salt and yeast. Stir in hot water and margarine. Mix in the egg and enough flour to make a medium dough. Knead for 5 to 8 minutes. Cover with plastic wrap and refrigerate.

Day 2: Roll dough into a 10 x 14-inch rectangle or as thin as possible. Place pepperoni on dough, leaving a 1-inch margin. Spread Mozzarella in 2 lengthwise strips. Roll up from wide side. Twist and place in a "U" shape on greased cookie sheet. Bake at 375° for 20 to 25 minutes.

***Barbara J. Frangione***
***Chichester #132***

## PUMPKIN BREAD

**½ c. salad oil**
**1 c. canned pumpkin**
**2 eggs**
**1 ¼ c. sugar**
**1 ⅔ c. flour**
**1 tsp. soda**
**½ tsp. cinnamon**
**½ tsp. nutmeg**
**dash of salt**
**½ c. chopped nuts**

Mix all ingredients in a large bowl and beat well for 4 minutes. Pour into a greased and floured bread tin and bake at 350° for 1 hour.

***Beryl Buzzell***
***New Hampton #123***

## PUMPKIN BREAD

**3 c. sugar**
**1 c. salad oil**
**4 eggs, beaten**
**2 c. pumpkin**
**3 ½ c. flour**
**1 tsp. baking powder**
**2 tsp. salt**
**2 tsp. baking soda**
**½ tsp. ground cloves**
**1 tsp. cinnamon**
**1 tsp. ground nutmeg**
**1 tsp. ground allspice**
**⅔ c. water**
**1 ½ c. chopped pecans**

Combine sugar, oil and eggs. Beat until light and fluffy. Stir in pumpkin. Combine dry ingredients and stir into pumpkin mixture. Add water and nuts; mix well. Spoon batter into 2 well-greased loaf pans. Bake at 350° for 65 to 75 minutes. Yields 2 loaves.

***Lena Falconer***
***Aurora #235***

## RAISIN BRAN BREAD

**1 ½ c. sour milk**
**1 ½ c. whole wheat or graham flour**
**1 ½ c. bran**
**½ tsp. salt**
**1 tsp. soda**
**½ c. molasses**
**½ c. chopped dates or raisins**

Dissolve the soda in the molasses. Add milk, flour, bran and fruit. Bake in a loaf pan for 45 minutes in a 350° oven.

***Beryl Buzzell***
***New Hampton #123***

## RHUBARB BREAD

**1 ½ c. firmly packed brown sugar**
**⅔ c. oil**
**1 c. buttermilk**
**1 egg**
**1 tsp. vanilla**
**1 tsp. baking soda**
**1 tsp. salt**
**2 ½ c. all-purpose flour**
**1 ½ c. chopped fresh rhubarb**
**½ c. chopped nuts**
**½ c. sugar**
**1 Tbsp. butter**
**1 ½ Tbsp. grated orange peel**

Preheat oven to 350°. Grease two 9 x 5-inch loaf pans. Line bottom and sides with waxed paper. Combine sugar and oil in a large bowl and beat well. Add buttermilk, egg, vanilla, baking soda and salt in small bowl. Add to brown sugar mixture and blend thoroughly. Gently fold in flour, rhubarb and nuts. Divide evenly between prepared pans.

Combine sugar, orange peel and butter. Blend well and sprinkle over loaves. Bake 55 to 60 minutes. Cool 10 minutes in pans, then turn onto racks. Remove waxed paper when the loaves are cool.

***Lorraine Lacross***
***Riverhill #346***

## SHREDDED WHEAT BREAD

**2 c. boiling water**
**2 Shredded Wheat biscuits**
**⅓ c. water**
**1 Tbsp. dry yeast**
**2 tsp. salt**
**⅓ c. molasses**
**3 Tbsp. melted shortening (let cool)**
**5 to 6 c. flour**

Pour boiling water over biscuits. Dissolve yeast in ½ cup lukewarm water. Mix together and add flour until a firm dough is formed. Knead until smooth. Place in a greased bowl. Cover and let rise until

doubled. Knead and divide in half. Shape into 2 loaves. Cover and let rise. Bake in hot oven (425°) for 15 minutes. Reduce heat and continue baking 20 to 30 minutes at 350°.

*Mary Felton*
*Mt. Hope #77*

## ZUCCHINI BREAD

**1 ½ c. flour**
**2 tsp. baking powder**
**½ tsp. salt**
**½ tsp. baking soda**
**½ tsp. cinnamon**
**1 c. grated zucchini**
**2 eggs, beaten**
**1 c. sugar**
**½ c. cooking oil**
**1 tsp. vanilla**
**½ c. nuts or raisins**

Combine all ingredients; mix well. Pour into greased loaf pan. Bake in a 375° oven for 60 to 65 minutes.

*Beryl Buzzell*
*New Hampton #123*

## ZUCCHINI BREAD

**3 eggs, beaten**
**2 c. grated zucchini**
**1 c. oil**
**1 c. sugar**
**¼ tsp. baking powder**
**3 c. flour**
**3 tsp. vanilla**
**1 tsp. salt**
**1 tsp. soda**
**3 tsp. cinnamon**

Mix all together. Bake in a 325° oven for 45 minutes to 1 hour. Makes 2 loaves or 3 small loaves.

*Ruby Langley*
*Riverhill #346*

## DO-NUT-MUFF-INS

**3 c. flour**
**1 tsp. baking powder**
**1 tsp. salt**
**1 tsp. nutmeg**
**1 c. sugar**
**½ c. oil**
**1 c. milk**
**2 eggs, beaten**

Sift dry ingredients together. Add oil, milk and eggs and mix thoroughly. Fill greased muffin tins ⅔ full. Bake for 15 to 20 minutes at 350°.

*Sandy Baker*
*Jaffrey #135*

# ETTA'S EXTRA GOOD DONUTS

**4 c. flour (probably more)**
**1 level tsp. nutmeg**
**1 ½ c. buttermilk or sour milk**
**1 ½ tsp. salt**
**6 level tsp. baking powder**
**3 eggs**
**1 ½ c. sugar**
**2 Tbsp. melted lard**
**flour (to roll)**

Combine all ingredients except lard, keeping fairly soft dough. Melt lard, keeping to a temperature of 350° to 375°.

This is an old fashioned recipe.

***Ralph Russell***
***Henry Wilson #205***

# PINEAPPLE PARSNIP MUFFINS

**3 c. flour**
**1 c. sugar**
**4 tsp. baking powder**
**1 tsp. salt**
**1 tsp. cinnamon**
**1 tsp. vanilla**
**2 eggs**
**½ c. melted butter**
**1 c. cooked, mashed parsnips**
**1 c. crushed pineapple and juice**
**1 grated orange and juice**

Mix eggs, sugar, salt, cinnamon and butter and mix well. Add flour, baking powder, parsnips, orange and juice, vanilla and pineapple and juice and beat until moist. Put into well-greased muffin tins half full. Bake at 375° for 12 to 15 minutes. Makes 24 muffins.

My original recipe.

***Viola Blake***
***New Hampton #123***

# SPECIAL BLUEBERRY MUFFINS

**½ c. butter, softened**
**1 c. sugar**
**2 c. unsifted flour**
**2 eggs**
**½ c. milk**
**2 c. blueberries**
**2 tsp. baking powder**
**½ tsp. salt**
**1 tsp. vanilla**
**2 tsp. grated lemon peel**
**2 Tbsp. sugar**

Cream the butter and sugar until fluffy. Add eggs, one at a time, and mix until blended. Sift dry ingredients and add alternately with milk and vanilla, beginning and ending with dry ingredients. Stir in blueberries. Fill greased muffin pans ⅔ full.

Mix grated lemon peel with 1 tablespoon of sugar and sprinkle on tops of muffins before putting in oven. Bake in 375° oven for 30 minutes. Cool pan at least 10 minutes. Makes 12 large muffins.

*K. Patten*
*Bartlett #104*

## WHOLE WHEAT CRACKERS

**1 ½ c. whole-wheat flour**
**1 ½ c. white flour**
**¼ c. sugar**
**1 tsp. salt**
**½ tsp. baking soda**
**½ c. margarine**
**¾ c. buttermilk**
**¼ c. wheat germ**
**salt**

Sift together the first 5 ingredients. Add margarine and process in food processor. Add milk and process until it forms a ball. Set aside for 10 minutes. Cut dough into 4 portions.

Grease cookie sheets and sprinkle with wheat germ. Roll each dough piece out in a cookie sheet. Sprinkle with salt. Cut into shapes with a pastry wheel. Bake at 350° for 20 to 25 minutes. Cool and store in a covered container.

*Beth Merrill*
*Antrim #98*

## APPLE PIE

Pie Crust:

**2 c. sifted flour**
**½ tsp. baking powder**
**¾ c. shortening**
**½ tsp. salt**

Sift together all dry ingredients; cut in shortening and work until like meal. Add enough cold water to work well and not be sticky. Line pie plate.

Filling:

**peeled and sliced fresh apples (enough to fill pie plate to top)**
**1 c. sugar**
**2 tsp. Minute tapioca**
**nutmeg or cinnamon to taste**

Add sugar, tapioca, nutmeg or cinnamon to the apples. Bake at 400° about 45 minutes or until done.

*Wannetta Hannux*
*Mt. Washington #116*

## CHEESECAKE PIE

**12 oz. Philadelphia cream cheese**
**¾ c. sugar**
**2 eggs**
**2 tsp. vanilla**

Beat until smooth and pour into a 9-inch graham cracker pie crust. Bake at 325° for 30 minutes or until surface looks "dry." Cool 5 to 10 minutes.

Topping:

**½ pt. sour cream**
**3 ½ Tbsp. sugar**
**1 tsp. vanilla**

Make topping; pour over cheesecake. Bake at 325° for 25 minutes. Cool. Refrigerate at least 3 hours. Spoon fruit topping of choice over cut slices or garnish plain slices with maraschino cherry and mint leaves.

***Ann Leger***
***Winthrop #315***

## CHRISTMAS SURPRISE PIE

**pastry for two 9-inch pie crusts**
**3 c. diced zucchini**
**1 c. sliced rhubarb**
**1 ¼ c. sugar**
**1 ½ tsp. apple pie spice**
**pinch of salt**
**¼ c. flour**
**¼ c. apple juice**
**2 eggs**

Combine all ingredients except pastry. Pour into unbaked pastry shell and cover with top crust. Cut slits for steam to escape. Sprinkle lightly with sugar. Bake at 400° for 20 minutes, then at 350° until golden brown and done.

***Beth Ann Blake***
***New Hampton #123***

## CRANBERRY PIE

**3 ½ c. cranberries**
**1 ½ c. sugar**
**3 Tbsp. quick cooking tapioca**
**3 Tbsp. water**
**1 recipe plain pastry**

Combine cranberries, sugar, tapioca and water; let stand while you prepare pastry to line a 9-inch pan. Stir cranberry mixture well and pour into pastry. Adjust top crust. Flute edge to seal. Make slits

in top for steam to escape. Bake at 400° for 15 minutes; reduce heat to 350° and bake for 30 minutes longer until crust is nicely browned.

Note: A lattice top crust is nice for the holidays.

***Priscilla Clark***
***Warren Pond #47***

## GRAHAM CRACKER CRUST

**8 large, fat-free or reduced-fat graham crackers**
**2 Tbsp. sugar**
**2 Tbsp. fat-free egg substitute**

To make crust, break the crackers into pieces and place in the bowl of a food processor. Process into fine crumbs. Measure the crumbs. There should be about 1 ¼ cups. Return the crumbs to the food processor and add the sugar; process for a few seconds to mix. Add the egg substitute and process until the mixture is moist and crumbly.

Coat a 9-inch pie plate with nonstick spray and press the mixture over the bottom and sides. If necessary, sprinkle more sugar to prevent sticking. Bake at 350° for 10 minutes or until edges feel firm and dry. Set aside to cool before putting in the filling.

Nutritional Facts: Cholesterol: 0 mg. Fiber: 0.6 g. Protein: 4.2 g. This is for the crust only.

***Pauline Blais***
***Hudson***

## LEMON BERRY COOL 'N EASY PIE

**⅔ c. boiling water**
**1 pkg. lemon jello**
**½ c. cold water**
**ice cubes**
**2 tsp. grated lemon peel**
**1 (8 oz.) container whipped topping, thawed**
**1 c. sliced strawberries, raspberries or blueberries**
**1 graham cracker crust**
**1 Tbsp. lemon juice**

Stir boiling water into jello in a large bowl for 2 minutes until completely dissolved. Mix with ice cubes to make 1 ½ cups, stirring until slightly thickened. Remove remaining ice. Stir in lemon peel, juice and whipped topping. Chill 30 minutes until mixture is very thick. Spoon into crust. Refrigerate 6 to 8 hours or overnight. Top with fruit.

***Alta Hammett***
***Halloween #307***

# PARFAIT PIE

**1 pkg. cherry gelatin powder**
**1 ¼ c. boiling water**
**1 pt. vanilla ice cream**
**1 banana**
**1 c. whipping cream**
**3 Tbsp. sugar**
**1 tsp. vanilla extract**
**1 prebaked pie shell**

Combine cherry jello and boiling water. Stir to dissolve. Add vanilla ice cream and stir until well blended. Refrigerate for 20 minutes. Blend in 1 banana, sliced. Pour into pie shell. Chill until firm.

In a mixing bowl, combine whipping cream and sugar. Whip until desired stiffness and add vanilla extract. Top pie with whipped cream.

This is a great summer dessert! You may substitute strawberry jello and fresh strawberry slices.

***Sharon Blais***
***Chichester Grange***

# PECAN PIE

**1 c. white corn syrup**
**1 c. dark brown sugar**
**⅓ c. melted butter**
**1 heaping c. shelled pecans**
**3 whole eggs**
**dash of vanilla**
**pinch of salt**

Mix the ingredients well. Pour into unbaked, 9-inch pastry pie shell and bake in a 350° oven for 45 to 50 minutes. Cool and top it with whipped cream or ice cream, but served plain, nothing tops this!

***Nancy Bean***
***Contoocook Valley Pomona #23***

# PINEAPPLE LIME PIE

**1 (14 oz.) can condensed milk**
**½ c. lime juice**
**1 (8 oz.) can crushed pineapple, drained**
**2 to 3 drops green food coloring (optional)**
**1 (9-inch) pastry or graham cracker crust**
**1 c. whipping cream**
**2 Tbsp. sugar**
**shaved semi-sweet chocolate**

Combine milk, lime juice and pineapple. Stir in food coloring, if desired. Spoon filling into crust.

Beat cream until stiff peaks; beat in sugar 1 tablespoon at a time. Spoon over filling. Sprinkle with chocolate. Chill 8 hours or overnight.

*Irene Lynde*
*White Mountain #50*

## STRAWBERRY CHIFFON PIE

**1 pt. fresh strawberries**
**¼ c. sugar**
**½ c. light corn syrup**
**1 Tbsp. unflavored gelatin**
**¼ c. cold water**
**1 Tbsp. lemon juice**
**2 egg whites**
**1 (9-inch) baked pie shell**
**whipped cream**

Wash and hull berries; add sugar and corn syrup. Let stand 15 minutes. Soften gelatin in cold water. Mash berries and add lemon juice. Strain off ½ cup of juice and heat to boiling. Add gelatin and stir until dissolved. Add gelatin mixture to mashed berries and set aside until cool and mixture starts to thicken. Beat egg whites until stiff; fold in thickened berry mixture a small amount at a time and turn into baked pie shell. Place in refrigerator about 2 hours to set, then top with whipped cream.

In memory of my grandmother, Gladys Marsh.

*Patricia (Tuttle) Cutter*
*Bartlett #104*

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# Cakes, Cookies & Confections

# Candy Testing

**Thermometer Test:** Check candy thermometer in boiling water. If it doesn't register 212 degrees, add or subtract the same number of degrees in recipe. Always make sure candy thermometer is covered with liquid, not just foam. Clip it to the side of the pan after syrup boils.

**Cold-Water Test:** Remove candy from fire. Drop a little syrup into small bowl of very cold, but not ice cold, water. Use a fresh cupful of cold water for each test. Form into ball with fingers, if possible.

| CANDY | DEGREES | STAGE | COLD WATER TEST |
|---|---|---|---|
| | 230-234 degrees | Thread | Syrup spins 2-inch thread when dropped from spoon |
| Fudge, Fondant | 234-240 degrees | Soft Ball | Candy will roll into soft ball but quickly flattens when removed from water |
| Divinity, Caramels | 244-248 degrees | Firm ball | Candy will roll into a firm ball but not hard ball which will not lose its shape upon removal from water. |
| Taffy | 250-266 degrees | Hard ball | Syrup forms hard ball, although it is pliable |
| Butterscotch | 270-290 degrees | Light Crack | Candy will form threads in water which will soften when removed from water |
| Peanut Brittle | 300-310 degrees | Hard Crack | Candy will form hard, brittle threads in water which will not soften when removed from water |
| Caramelized Sugar | 310-321 degrees | Caramelized | Sugar first melts, then becomes a golden brown and will form a hard, brittle ball in cold water |

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## ANGEL FOOD CAKE

**5 eggs, separated**
**½ c. cold water**
**1 ½ c. sugar**
**1 ½ c. flour**
**1 tsp. baking powder**
**¼ tsp. salt**
**1 tsp. vanilla or lemon**
**¾ tsp. cream of tartar**

Beat egg yolks until thick and lemon colored. Gradually add cold water and beat 2 minutes. Slowly blend in sugar and beat 1 more minute. Add baking powder, flour and salt; mix well. In another bowl, beat egg whites until stiff. Add cream of tartar and lemon or vanilla to egg whites and mix 1 more minute. Fold whites into yolk mixture. Pour into ungreased tube pan.

Bake at 375° for 15 minutes. Reduce heat to 350° and bake for 30 minutes more. Cool cake upside down on a funnel or wine bottle. Remove from pan when cool.

***Maxrene Patten***
***Pineconia #322***

## APPLE CAKE

**1 c. oil**
**1 ½ c. sugar**
**3 eggs**
**1 tsp. vanilla**
**2 c. flour**
**1 tsp. baking soda**
**1 tsp. salt**
**1 tsp. cinnamon**
**4 apples, cut up**
**½ c. nuts**

Beat oil, sugar, eggs and vanilla. Beat in flour, salt, cinnamon and soda. Beat well. Mix in apples and nuts. Use a Bundt pan or 9 x 13-inch pan. Spray with Pam. Bake in 350° oven for about 1 hour.

***Cindy Lakin***
***Hooksett #148***

## APPLESAUCE CAKE

**½ c. shortening**
**1 c. sugar**
**1 egg**
**1 c. applesauce**
**1 tsp. cinnamon**
**½ tsp. cloves**
**1 tsp. baking soda**
**½ tsp. salt**
**1 ¾ c. flour**
**1 c. raisins**
**½ c. nuts**

Cream the shortening and sugar together. Beat in egg. Add applesauce and stir well. Add next 5 ingredients and stir until well blended. Blend in raisins and nuts. Bake at 350° for 35 to 40 minutes in a loaf, tube or 9-inch square pan.

***Joy Chamberlin***
***Bartlett #104***

## APPLESAUCE CAKE

**1 c. sugar**
**½ c. shortening**
**1 tsp. salt or less**
**½ tsp. cloves**
**1 tsp. cinnamon**
**a little nutmeg**
**1 c. raisins**
**1 c. sour applesauce**
**1 tsp. soda**
**2 c. flour**

Cream the sugar and shortening. Add salt, cloves, cinnamon, nutmeg and raisins. Dissolve soda in a little warm water, then stir in sour applesauce. Let it foam over the ingredients in the bowl. Beat all thoroughly and add 2 cups of flour. You may not need all of the flour; use your judgement. Bake in a loaf pan for 45 minutes at 350°.

This recipe is my mother's sister's and was 75 years old in 1978 when she gave it to me.

***Marjorie Huntoon***
***Blazing Star***

## BANANA SPLIT CAKE

**½ c. margarine**
**½ c. sugar**
**2 c. graham cracker crumbs**

Filling:

**2 (8 oz.) pkg. cream cheese**
**2 c. sugar**
**4 bananas, sliced lengthwise**
**1 (16 oz.) can pineapple (crushed)**
**1 (8 oz.) carton Cool Whip**
**½ c. nuts**
**½ c. cherries**

For crust: Cream the margarine with sugar. Add crumbs. Mix thoroughly. Press into 13 x 9-inch pan. Bake for 5 minutes. Cool before adding filling.

Filling: Beat cream cheese and sugar together until well blended. Spread over crust. Slice bananas evenly over the cream cheese mixture. Spread pineapple over bananas. Top with Cool Whip and

garnish with nuts and cherries. Refrigerate for an hour. Yields 12 servings.

*Beverly Woods*
*Pine Grove #298*

## BLUEBERRY CAKE

**1 ½ c. sugar**
**½ c. shortening**
**2 eggs**
**1 tsp. vanilla**
**½ c. sour milk**
**2 ½ c. flour**
**½ tsp. baking powder**
**½ tsp. salt**
**2 c. blueberries**

Cream together the sugar and shortening. Add eggs, vanilla and sour milk. Mix well. Sift dry ingredients into mixture and blend. Fold blueberries into batter. Bake in a 9 x 11-inch greased and floured pan at 350° until done.

*Pat Curtis*
*White Mountain #50*

## BLUEBERRY CAKE

**1 ½ c. flour**
**½ tsp. salt**
**1 tsp. baking powder**
**½ c. shortening**
**2 eggs, separated**
**1 c. sugar**
**⅓ c. milk**
**1 tsp. vanilla**
**1 ½ c. floured blueberries**

Sift together the dry ingredients and set aside. Beat egg whites and set aside. Cream the shortening and sugar. Beat in egg yolks. Add vanilla and milk alternately with dry ingredients. Fold in beaten egg whites. Fold in blueberries. Pour into 9-inch square, greased and floured pan. Sprinkle batter with sugar for topping. Bake at 350° for 35 to 40 minutes.

*Frances Pepau*
*Stratford #238*

## BLUEBERRY CAKE

**½ c. oleo**
**1 c. sugar**
**2 beaten eggs**
**⅓ c. milk**
**1 tsp. vanilla**
**1 ½ c. flour**
**1 tsp. baking powder**
**½ tsp. salt**
**1 ½ c. blueberries, lightly sugared**

Mix together all ingredients and put into a greased and floured pan. Sprinkle top with mixture of cinnamon and sugar. Bake at 375° until done.

*Maxrene Patten*
*Pineconia #322*

## BLUEBERRY COFFEE CAKE

¼ c. butter
¾ c. sugar
1 egg, beaten
½ c. milk
1 ½ c. flour
1 tsp. baking powder
1 c. floured blueberries
1 Tbsp. sugar (for topping)
⅛ tsp. salt

Sift together the flour, salt and baking powder. Blend butter and sugar. Add flour mixture, milk, beaten eggs and floured berries. Sprinkle sugar over top. Bake 30 minutes at 350°; use an 8 x 8-inch greased pan.

*Burt Meyers*
*Winthrop #315*

## BIRTHDAY CAKE FROSTING

1 c. sugar
1 tsp. vanilla
½ c. boiling water
¼ tsp. cream of tartar
1 unbeaten egg white

Beat all ingredients until frosting stands in peaks. Covers 1 layer cake.

*Wilna Hicks*
*White Mountain #50*

## BRAMBLE TARTS

(This recipe is over 70 years old.)

1 c. raisins
1 saltine cracker
1 c. sugar
1 egg
juice and grated rind of 1 lemon (can substitute 1 Tbsp. concentrated lemon juice)
pastry for two 9-inch pies

Put raisins, then cracker through food grinder. Add other ingredients. Mix well.

Roll pastry ⅛ inch thick and cut into 4-inch squares. Place each square on cookie sheet. Put 2 teaspoons of mixture on corner. Moisten

edges halfway around, making a triangle. Press edges with fork to seal. Bake in a 450° oven for 15 minutes.

For squares, use a 9 x 14-inch pan. Roll half of pastry to fit pan as bottom crust. Spread filling to ¼-inch from edges. Moisten edges and roll other pastry for top crust. Seal. Bake in a 350° oven for 15 minutes, until crust is lightly browned. Cut into squares when cool.

Either way, delicious for school lunches. These were originally made as tarts and put in lunch when attending 1-room school in Acworth, New Hampshire, Country School #12.

***Priscilla Clark***
***Warren Pond #47***

## BROKEN GLASS CAKE

**1 pkg. each: orange, lime and cherry jello**
**1 pkg. plain gelatin**
**1 c. frozen pineapple juice**
**2 c. heavy cream**
**½ c. sugar**
**1 tsp. vanilla**
**crushed graham crackers**

Prepare jello with 1 ½ cups of water (jiggler style) and put each flavor in a separate ice cube tray. Chill.

Heat pineapple juice to boiling and add plain gelatin which has been softened in ¼ cup cold water. Cool. Whip together the cream, sugar and vanilla and fold into cooled pineapple juice.

Cut jello into cubes about ½ inch square and fold into creamy mixture. Mix gently. Put into angel food cake pan and top with crushed graham crackers. Chill several hours.

***Sandy Baker***
***Jaffrey #135***

## CARROT-PINEAPPLE CAKE

**2 ½ c. unbleached flour**
**1 ⅓ c. sugar**
**2 tsp. baking soda**
**2 tsp. cinnamon**
**2 (8 oz.) cans crushed pineapple in juice**
**¼ c. skim milk**
**½ c. fat-free egg substitute**
**2 tsp. vanilla extract**
**2 c. grated carrots**
**½ c. golden raisins**
**½ c. chopped pecans**

### Cream Cheese Icing:

**8 oz. nonfat cream cheese**
**1 c. nonfat Ricotta cheese**
**½ c. confectioners sugar**
**1 tsp. vanilla extract**

Combine flour, sugar, baking soda and cinnamon in a medium size bowl and mix well. Stir in pineapple, including the juice and the milk. Fold in carrots, raisins and pecans.

Coat a 9 x 13-inch pan with nonstick spray. Spread batter evenly and bake at 325° for 35 minutes or until a wooden toothpick inserted in the center of the pan comes out clean. Cool to room temperature.

Icing: Combine all ingredients in a food processor and process until smooth. Spread icing over cake and serve immediately. Refrigerate any leftovers.

Calories: 215. Fat: 0.3. Protein: 7.7 g. Cholesterol: 3 mg. Fiber: 1.4 g. Sodium: 268 mg.

***Pauline Blais***
***Hudson***

## CRANBERRY SWIRL COFFEE CAKE

**¼ lb. margarine**
**1 c. sugar**
**2 eggs**
**2 c. flour**
**1 tsp. baking powder**
**1 tsp. baking soda**
**½ tsp. salt**
**½ pt. sour cream**
**1 tsp. almond flavoring**
**½ c. chopped nuts (optional)**
**1 small can whole cranberry sauce**

Frosting:

**¾ c. confectioners sugar**
**½ tsp. almond flavoring**
**1 to 2 Tbsp. warm water**

Cream the margarine, sugar and eggs in mixer at medium speed. Reduce speed and add dry ingredients that have been sifted together alternately with sour cream. Add almond flavoring and nuts. Put half of batter in a greased 8-inch tube pan, then swirl half of the cranberry sauce in batter. Add remaining batter and swirl remaining cranberry sauce on top.

Bake at 350° for 50 minutes. Let cool in pan for 5 minutes, then remove. Frost while warm.

***Alice Cate***
***Hooksett #148***

## CHOCOLATE ANGEL CAKE

**¾ c. sifted cake flour**
**1 ½ c. sifted powdered sugar**
**⅓ c. Dutch process cocoa**
**2 tsp. powdered instant Espresso coffee**
**12 egg whites**
**¼ tsp. salt**
**1 ½ tsp. cream of tartar**
**1 c. granulated sugar (superfine if you have it)**

Sift the cake flour, powdered sugar, cocoa and Espresso coffee together 3 times; set aside. Egg whites should yield 1 ½ cups. Place in bowl with salt and beat until foamy. Sprinkle the cream of tartar over whites and beat until stiff. Using a rubber spatula, fold in the granulated sugar a little at a time. Fold in the flour mixture in the same manner. Do not overmix. Pour batter into ungreased 10-inch tube pan. Cut through batter with a knife once or twice to break up large air bubbles.

Bake at 375° for 35 to 40 minutes or until top springs back when touched. Invert pan to cool approximately 1 hour. Serves 10 to 12.

***K. Patten***
***Bartlett Grange***

## CHOCOLATE CARROT CAKE

**2 c. flour**
**1 ½ c. sugar**
**1 c. oil**
**½ c. orange juice**
**¼ c. cocoa**
**2 tsp. soda**
**1 tsp. salt**
**1 tsp. cinnamon**
**1 tsp. vanilla**
**4 eggs**
**2 c. shredded carrots**
**1 c. coconut**

Grease and flour Bundt pan. Beat first 10 ingredients together, then stir in carrots and coconut. Spoon into Bundt pan. Bake at 375° for 50 to 55 minutes. Cool in pan 10 minutes. Serves 16.

***Wannetta Hannux***
***Associate Member, Riverside #137***

## COCA-COLA CAKE

**1 c. Coca-Cola**
**2 c. sugar**
**3 Tbsp. cocoa**
**2 eggs**
**1 tsp. soda**
**2 c. flour**
**½ c. oleo**
**½ c. sour milk**
**1 tsp. vanilla**
**1 ½ c. miniature marshmallows**

Heat oleo, cocoa and Coca-Cola until it boils. Pour sugar and flour into mixture. Mix well and add milk, eggs, soda, vanilla and marshmallows. Beat well. Pour into greased and floured pan. Bake 30 minutes at 350°. Frost while hot.

Coca-Cola Frosting:

**6 Tbsp. Coca-Cola**
**3 Tbsp. cocoa**
**½ c. oleo**
**1 lb. confectioners sugar**
**1 c. nuts**

Bring Coca-Cola to a boil. Pour over sugar, cocoa and oleo. Beat well. Add nuts and spread on hot cake.

***Christine Woods***

## DAFFODIL CAKE

White Part:

**6 egg whites**
**¼ tsp. salt**
**1 tsp. cream of tartar**
**¾ c. sugar**
**½ c. sifted flour**
**½ tsp. vanilla**

Yellow Part:

**6 egg yolks**
**2 Tbsp. cold water**
**½ c. sugar**
**½ c. sifted flour**
**½ tsp. vanilla**
**1 tsp. baking powder**

Beat egg whites and salt until foamy. Add cream of tartar and beat until stiff. Add sugar. Fold in sifted flour and vanilla.

In separate bowl, beat egg yolks with water until light. Add sugar, vanilla and flour sifted with baking powder. Put white mixture into ungreased angel food pan and pour yellow mixture on top. Bake in a slow oven at 300° about 50 minutes.

***Phyllis Schoff***
***Pine Grove #298***

## DATE NUT CAKE

**1 (6 ½ oz.) pkg. dates**
**1 c. hot water**
**¼ c. shortening**
**1 c. sugar**
**1 egg**
**1 tsp. vanilla**
**1 ⅔ c. flour**
**½ tsp. salt**
**½ c. nuts**

Pour hot water over dates which have been cut up fine. Cream the shortening and sugar; add egg and vanilla. Beat well. Sift flour, soda and salt. Combine dry ingredients and date mixture alternately. Mix in nuts. Pour in cake or loaf pan and bake 40 to 45 minutes in a 350° oven.

***Irma Clough***
***Pine Grove #298***

# DIXIE'S FRESH APPLE CAKE

**2 c. brown sugar**
**1 c. butter**
**2 tsp. baking soda**
**½ tsp. salt**
**¼ tsp. cloves**
**1 c. cold coffee**
**1 c. raisins**
**½ c. sugar**
**½ tsp. cinnamon**
**2 eggs**
**3 c. flour**
**1 tsp. baking powder**
**½ tsp. nutmeg**
**1 tsp. cinnamon**
**1 c. chopped walnuts**
**2 c. peeled, diced apples**
**¼ c. brown sugar**
**½ c. chopped nuts**

Cream together 2 cups of brown sugar and butter until fluffy. Add eggs; beat. Sift together the flour, baking powder, baking soda, salt, nutmeg, cloves and 1 teaspoon of cinnamon. Add alternately with coffee, blending well. Add apples, raisins and walnuts. Spread in greased 13 x 9 x 2-inch pan.

Combine sugar, ¼ cup brown sugar, ½ teaspoon cinnamon and nuts; blend well. Sprinkle topping over batter. Bake at 350° for 45 minutes or until done. Makes 20 servings. Delicious!

***Dorothy Birard***
***With Thanks to Carolyn Conway***

# EVER-SO-EASY FRUITCAKE

**2 ½ c. unsifted flour**
**2 eggs, slightly beaten**
**1 (14 oz.) can sweetened condensed milk**
**2 c. (1 lb.) mixed candied fruit**
**1 tsp. baking soda**
**1 c. coarsely chopped nuts**
**1 (28 oz.) pkg. mincemeat**

Preheat oven to 300°. Grease a 9-inch tube pan or use generously greased and floured 10-inch, fluted tube pan. Sift together the flour and baking soda; set aside. In a large bowl, combine remaining ingredients. Blend in dry ingredients. Pour into prepared pan. Bake 1 hour and 15 to 30 minutes or until toothpick inserted near center comes out clean. Cool 15 minutes. Turn out of pan. Glaze and garnish as desired.

***Fran Everard***
***Somersworth #264***

# FLUFFY SPONGE CAKE

6 egg yolks (about ½ c.)
1 ½ c. sugar
1 ½ c. all-purpose flour or cake flour (if using self-rising flour, omit baking powder and salt)
1 tsp. baking powder
½ tsp. salt
⅓ c. cold water
2 tsp. vanilla
1 tsp. lemon extract
1 tsp. grated lemon peel (if desired)
6 egg whites (¾ c.)
½ tsp. cream of tartar

Heat oven to 325°. In small mixer bowl, beat egg yolks until very thick and lemon colored, about 5 minutes. Pour yolks into a large mixer bowl. Gradually beat in sugar. On low speed, mix in flour, baking powder and salt alternately with water, flavorings and lemon peel.

In another large mixer bowl, beat egg whites and cream of tartar until stiff. Gradually fold egg yolk mixture into egg whites. Pour into ungreased tube pan (10 x 4-inch). Bake 60 to 65 minutes. Invert pan on funnel; let hand until cake is completely cool. If desired, spoon sweetened, fresh fruit or thawed, frozen fruit over slices of cake. Top with sweetened whipped cream or dairy sour cream. Serves 16 to 20.

***Wannetta Hannux***
***Mt. Washington #116***

# HOT MILK SPONGE CAKE

2 eggs, beaten
1 c. sugar
¼ tsp. salt
½ c. boiling milk
1 c. flour
1 tsp. cream of tartar
½ tsp. soda

Beat eggs. Add other ingredients and beat well. Add the boiling milk. Bake for 45 minutes in 350° oven.

***Natalie H. Grimes***

# INEXPENSIVE FRUIT CAKE

1 ½ c. seedless raisins
1 c. water
1 c. sugar
¼ c. salad oil
1 tsp. cinnamon
1 tsp. cloves
2 c. all-purpose flour
1 tsp. baking soda
1 tsp. lemon flavoring
½ c. maraschino cherries
½ c. chopped nuts

Boil the first 6 ingredients together for 5 minutes. Let cool. Add flour sifted with soda. Add remaining ingredients. Pour into loaf pan and bake about 50 to 60 minutes at 325°.

***Martha Patten***
***Bartlett #104***

## I'VE GOT A SECRET CAKE

**3 eggs**
**2 c. sugar**
**1 ½ c. oil**
**2 tsp. vanilla**
**2 ½ c. flour**
**2 tsp. cinnamon**
**2 tsp. baking soda**
**1 tsp. salt**
**1 ½ c. cottage cheese**
**1 c. finely diced harvard beets (undrained)**
**1 c. crushed pineapple, drained**
**½ c. coconut**
**1 c. chopped nuts**

Beat eggs, sugar, oil and vanilla. Mix flour, cinnamon, baking soda and salt. Stir into creamed mixture. Add cottage cheese, beets, pineapple, coconut and nuts. Mix well after each addition. Pour into well-greased sheet cake pan (at least 13 x 9 ¼-inch). Pan will be very full.

Bake in a 350° oven for 45 to 55 minutes, until cake tests done with toothpick.

***Cheryl Thibodeau***
***Winthrop Grange #315***

## MOM'S HOT FUDGE PUDDING CAKE

**¼ c. sugar**
**2 Tbsp. cocoa**
**¾ c. milk**
**½ c. flour**
**⅓ c. sugar**
**¾ tsp. baking powder**
**2 Tbsp. cocoa**
**⅛ tsp. salt**
**¼ c. milk**
**4 tsp. melted shortening**
**½ tsp. vanilla**

Mix the first 3 ingredients together and let stand. In a bowl, sift the flour, sugar, baking powder, cocoa and salt. Add ¼ cup of milk, shortening and vanilla. Spread in baking bowl. Pour cocoa mix on top. Bake for 20 to 30 minutes at 350°. Cocoa mix sinks through and gives you a nice surprise!

***George Standley***
***Watatic #36***

# MRS. G'S RED VELVET CAKE

**2 ¼ c. flour**
**1 tsp. salt**
**1 tsp. soda**
**1 Tbsp. baking cocoa**
**½ c. butter**
**1 ½ c. sugar**
**2 eggs**
**1 c. buttermilk**
**1 Tbsp. vanilla**
**2 oz. red food coloring**

Icing:

**½ c. sugar**
**¼ c. light corn syrup**
**2 Tbsp. water**
**2 egg whites**
**1 tsp. vanilla**

Grease and flour two 9-inch round cake pans. Preheat oven to 350°. Sift together dry ingredients and set aside. Mix buttermilk, vanilla and red food coloring; set aside. Beat together the butter and sugar. When light, add eggs. Alternately mixing wet and dry ingredients into the butter mix. When fully incorporated, pour into pans and bake 25 minutes or until toothpick comes out clean. Cool before frosting.

To make icing, mix the first 3 ingredients in saucepan and bring to a rolling boil. Cook, without stirring, 4 to 8 minutes to 242° on a candy thermometer (soft-ball stage).

Meanwhile, beat egg whites to stiff peaks. Pour hot syrup into egg whites in a thin stream, beating constantly. Add vanilla. Beat on high for 10 minutes until stiff, shiny peaks form. On humid days, this will take longer than 10 minutes.

***Kathe Wolf***
***Watatic #36***

# OLD FASHIONED MAPLE JOHNNY CAKE

**1 c. sifted flour**
**3 tsp. baking powder**
**½ tsp. salt**
**⅔ c. cornmeal**
**2 eggs, beaten**
**1 c. milk**
**⅓ c. melted shortening**
**⅓ c. maple syrup**

Combine ingredients. Bake in a 9 x 9-inch pan for 30 minutes at 400°.

***Beryl Buzzell***
***New Hampton Grange #123***

# PRISM CAKE OR BROKEN GLASS

**1 pkg. each: orange, cherry and lime jello**
**3 c. boiling water**
**1 ½ c. cold water**
**1 c. pineapple juice**
**¼ c. sugar**
**1 pkg. lemon jello**
**½ c. cold water**
**1 c. graham cracker crumbs**
**¼ c. melted butter or oleo**
**2 c. heavy cream or Cool Whip**

Prepare first 3 packages of jello separately using 1 cup of boiling water and ½ cup of cold water. Pour into separate pans (8 x 8 x 2-inch). Chill until firm.

Combine pineapple juice and sugar; heat until sugar is dissolved. Remove from heat and dissolve lemon jello in hot liquid. Add remaining ½ cup cold water. Chill until syrupy. Mix crumbs with melted butter. Press crumb mixture smoothly over bottom of angel food cake pan or spring-form pan. Whip the 2 cups of cream (I use Cool Whip); pour into syrupy lemon jello. Cut the firm orange, cherry and lime jellos into cubes about ½ to 1 inch square. Lift out jello with wide spatula. The pieces fall apart easily, each a perfect cube. Fold into whipped cream mixture, then pour into pan. Chill at least 8 hours in refrigerator. Put some graham cracker crumbs over top. Yields 16 to 18 portions.

***Ellen Dorr***
***Mt. Washington Grange #116***

# PUMPKIN WALNUT CAKE

**3 c. flour**
**2 tsp. baking powder**
**2 tsp. baking soda**
**1 tsp. salt**
**3 ½ tsp. cinnamon**
**4 eggs**
**2 c. sugar**
**1 ½ c. Crisco oil**
**1 (14 ½ oz.) can pumpkin**
**1 c. walnuts, chopped**

Sift the first 5 ingredients together in a small bowl. With electric mixer at high speed, beat eggs until eggs are combined. Gradually add sugar, beating until thick and lemon colored. Beating constantly, pour in oil gradually. With mixer at low speed, blend sifted dry ingredients alternately with pumpkin, beginning and ending with dry ingredients. Beat until smooth after each addition. Stir in walnuts. Pour into ungreased angel cake pan. Bake at 350° for 1 hour and 10 minutes. Cool in pan 4 or 5 hours. Remove from pan and glaze or frost, if desired.

***Edna Clark***
***Ezekiel Webster #94***

# PUMPKIN CAKE

**2 ⅔ c. sugar**
**4 eggs, beaten**
**3 ⅓ c. flour**
**½ tsp. baking powder**
**2 tsp. cloves**
**⅔ c. dates, cut up**
**⅔ c. shortening**
**2 c. pumpkin**
**1 ½ tsp. salt**
**1 tsp. cinnamon**
**⅔ c. nuts, chopped**
**⅔ c. water**

Cream the shortening and sugar. Add eggs, pumpkin and water. Mix well. Sift dry ingredients and add to the pumpkin mixture. Stir in nuts and dates. Bake in 2 greased loaf pans at 350° for 1 hour.

***Beryl Buzzell***
***New Hampton #123***

# RASPBERRY RIBBON CHEESECAKE

**2 c. chocolate wafer crumbs**
**⅓ c. butter or margarine, melted**
**3 Tbsp. sugar**

Raspberry Sauce:

**2 ½ c. fresh or frozen, unsweetened raspberries, thawed**
**⅔ c. sugar**
**2 Tbsp. cornstarch**
**2 tsp. lemon juice**

Filling/Topping:

**3 (8 oz.) pkg. cream cheese, softened**
**½ c. sugar**
**2 Tbsp. all-purpose flour**
**1 tsp. vanilla extract**
**2 egg whites**
**1 c. whipping cream**
**2 to 3 Tbsp. orange juice**
**1 ½ c. fresh or frozen, unsweetened raspberries, thawed**

**Combine the first 3 ingredients; press into bottom and 1 ½ inches up sides of greased 9-inch spring-form pan. Chill 1 hour or until firm.**

**Puree raspberries in a blender or food processor. Press through a sieve; discard seeds. Add water, if necessary to measure 1 cup. In saucepan, combine sugar and cornstarch. Stir in raspberry juice; bring to a boil. Boil 2 minutes, stirring constantly. Remove from heat; stir in lemon juice and set sauce aside.**

**Filling: In a mixing bowl, beat cream cheese, sugar, flour and vanilla until fluffy. Add egg whites; beat on low just until blended. Stir in cream. Pour half into crust. Top with ¾ cup Raspberry Sauce;**

cover and refrigerate remaining sauce. Carefully spoon remaining filling over sauce.

Bake at 375° for 35 to 40 minutes or until center is nearly set. Remove from oven. Immediately run a knife around pan to loosen crust. Cool on wire rack 1 hour. Refrigerate overnight. Add orange juice to chilled Raspberry Sauce; gently fold in raspberries. Spoon over cheesecake. Yields 12 to 16 servings.

***Frances E. Towne***
***Joe English Grange #53***

## RHUBARB COFFEE CAKE

**1 ½ c. all-purpose flour**
**1 ½ tsp. baking powder**
**1 tsp. salt**
**3 tsp. grated orange rind**
**½ stick oleo, softened**
**¾ c. sugar**
**½ c. orange juice**
**1 egg**
**1 ½ c. fresh rhubarb, chopped**

Combine all ingredients as for any cake. Bake 30 minutes in 350° oven.

***Ina Mae Smith***
***Ashulet #129***

## RHUBARB CAKE

**1 c. brown sugar**
**½ c. vegetable shortening**
**2 eggs**
**2 c. flour**
**1 tsp. soda**
**1 tsp. salt**
**1 c. plain yogurt or sour milk**
**2 c. finely cut rhubarb**

Topping:

**¼ c. sugar**
**1 tsp. cinnamon**

Cream the brown sugar and shortening; beat in eggs. Sift flour, soda and salt together and add to creamed mixture alternately with yogurt. Stir in rhubarb. Pour into greased 9 x 13-inch pan.

Mix topping and sprinkle on top of cake. Bake at 350° for 45 minutes.

## SANDY PAUL'S SPECIAL CHEESECAKE

**19 oz. cream cheese**
**1 c. sugar**
**1 tsp. vanilla**
**1 pt. whipping cream**
**2 tsp. confectioners sugar**
**1 large can crushed pineapple**
**ladyfingers (to line the bottom and sides of a spring-form pan)**

Whip the cream cheese, sugar and vanilla until creamy. Whip the cream. Add the confectioners sugar when almost finished. Carefully blend both mixtures together. Pour into a spring-form or other similar pan that you have lined the sides and bottom with ladyfingers. (Purchase in bakery section of grocery store.) Top with thoroughly drained crushed pineapple. Refrigerate at least 5 hours before serving.

(I think you could use strawberries instead of pineapple.)

***Marion T. Jones***
***Daniel Webster #100***

## SMASH CAKE

**1 box plain yellow cake mix**
**3 eggs (divided use)**
**1 stick butter, melted**
**½ c. chopped pecans**
**8 oz. cream cheese, softened**
**1 tsp. vanilla**
**1 (1 lb.) box confectioners sugar**

Preheat oven to 350°. Mix cake mix, 1 egg, butter and pecans. Press into an ungreased 9 x 13-inch pan; set aside.

Mix cream cheese, 2 eggs, vanilla and confectioners sugar; spread over cake mix in pan. Bake for 30 minutes. Cool and cut into squares. Makes about 2 dozen squares.

Per serving: 261 calories, 12 g. fat and 48 mg cholesterol.

***Ruth Haynes***
***Mount Washington Grange #116***

## SPONGE CAKE

(State Winner, Women's Activities Contest)

**6 eggs, separated**
**¾ tsp. cream of tartar**
**1 ½ c. sugar**
**1 ½ c. all-purpose flour**
**1 Tbsp. grated orange peel**
**1 tsp. baking powder**
**½ tsp. salt**
**½ c. apricot nectar or water**
**1 tsp. orange oil extract**
**1 tsp. vanilla**

Add cream of tartar to egg whites; beat until mixture forms soft peaks. Gradually add ¾ cup of sugar, 2 tablespoons at a time, beating on high speed until stiff peaks form. To egg yolks, add flour, remaining ¾ cup of sugar, orange peel, baking powder, salt and apricot nectar. Add orange and vanilla extracts. Blend at low speed until moistened. Beat 1 minute at medium speed. Pour over egg whites. Fold in gently just until blended. Pour into ungreased 10-inch tube pan.

Bake at 350° for 40 to 45 minutes or until top springs back when lightly touched. Invert pan on funnel or bottle and let hang until completely cooled.

*Pat Curtis*
*White Mountain #50*

## TOMATO SOUP CAKE

**½ c. shortening**
**1 c. sugar**
**1 can tomato soup**
**1 tsp. soda**
**2 c. flour**
**½ c. raisins**
**½ c. nuts**
**¼ tsp. cinnamon**
**¼ tsp. nutmeg**
**¼ tsp. cloves**
**¼ tsp. allspice**
**2 tsp. baking powder**

Cream the shortening and sugar. Dissolve the soda in tomato soup and add. Combine the other ingredients and bake at 350° for 30 minutes.

Cream Cheese Frosting:

**1 pkg. cream cheese**
**1 ½ c. powdered sugar**
**1 tsp. vanilla**
**bit of milk**

Mix all together and beat well.
A favorite for years from the original Grange Cookbook.

*Beverly Woods*
*Pine Grove #298*

## CAKE TARTS

**6 unbaked pastry tart shells (pie crust can be used)**
**½ c. jam**
**¼ c. shortening**
**¼ c. sugar**
**1 egg, beaten**
**½ c. flour, sifted**
**½ tsp. baking powder**
**⅛ tsp. salt**
**½ tsp. grated lemon rind or vanilla**

Put a spoonful of jam in each tart shell. (Use either large size muffin pans or tart pans.)

Cream the shortening and sugar together until light and fluffy. Add egg and beat thoroughly. Mix in remaining ingredients. Spoon cake batter over jam in tart shells. Bake at 350° for 25 minutes.

*Ellen Dorr*
*Mt. Washington #116*

## COCONUT JAM COOKIES

**1 ½ c. flour, sifted**
**½ tsp. salt**
**¾ c. shortening**
**1 tsp. vanilla**
**flaked coconut**
**1 tsp. baking soda**
**¾ c. brown sugar**
**1 egg, beaten**
**1 ½ c. oatmeal**
**strawberry jam**

Sift together the flour, salt and soda. Cream the sugar and shortening. Beat in egg and vanilla. Beat in flour mixture, then oats. Form into balls, roll in coconut and place on ungreased cookie sheet. Make a slight depression in each ball. Fill with jam.

***Tillie Meyers***
***Winthrop #315***

## CHERRY WINKS

**2 ¼ c. flour**
**1 tsp. baking powder**
**½ tsp. each: soda and salt**
**1 c. sugar**
**¾ c. shortening**
**2 eggs**
**1 Tbsp. milk**
**1 tsp. vanilla**
**1 c. chopped pecans**
**⅓ c. chopped cherries**
**crushed corn flakes**

Combine dry ingredients except nuts and corn flakes and set aside. Cream the sugar and shortening together. Add eggs and milk. Blend. Add vanilla. Blend in dry ingredients; add pecans and cherries. Shape into balls and roll in corn flakes. Bake at 350° for 15 minutes.

***Ina Mae Smith***
***Ashuelot #129***

## CHINESE COOKIES

**1 (12 oz.) bag chocolate chips**
**1 (12 oz.) bag butterscotch chips**
**1 large can dry Chinese noodles**
**1 c. peanuts**

Melt chips in double boiler. Add noodles and peanuts. Drop by teaspoonfuls on wax paper. Makes 36.

***Halloween Grange #317***

## CHOCOLATE CHIP COOKIES

**1 c. butter**
**¾ c. white sugar**
**¾ c. brown sugar**
**1 tsp. vanilla**
**2 ½ c. flour**
**1 tsp. baking soda**
**1 tsp. salt**
**2 eggs**
**12 oz. chocolate chips**
**1 c. chopped nuts**

Preheat oven to 375°. In a large bowl, combine butter, sugar and vanilla. Beat until light and fluffy. Beat in eggs gradually, then add flour, soda and salt. Stir in chocolate chips and nuts. Drop by rounded teaspoonfuls onto ungreased cookie sheet. Bake 8 to 9 minutes.

These are special and have received many prizes.

***Wannetta Hannux***
***Associate Member, Riverside #137***

## CHOCOLATE PEANUT BUTTER NO-BAKE COOKIES

**2 c. sugar**
**4 Tbsp. cocoa**
**¼ lb. margarine**
**½ c. milk**
**1 tsp. vanilla**
**¾ c. peanut butter**
**3 c. quick cook oatmeal**
**raisins and/or nuts (as desired)**

Combine the first 5 ingredients in the top of a double boiler. Cook over hot water for 15 minutes. Add the peanut butter and oatmeal. Add raisins and/or nuts. Mix thoroughly. Spread in greased 8 x 8-inch pan. Cool, then cut into squares.

***U. Martha Patten***
***Bartlett #104***

## DATE SWIRLS

### Dough:

**1 c. shortening**
**2 c. brown sugar**
**2 eggs**
**½ c. cold water**
**1 tsp. vanilla**
**3 ½ c. flour**
**1 tsp. baking soda**
**¼ tsp. cinnamon**

### Filling:

**½ pkg. raisins or dates**
**¾ c. sugar**
**1 c. water**
**2 Tbsp. flour**
**1 tsp. lemon extract**

Cream the shortening and brown sugar. Add eggs, water and vanilla. Sift the flour, soda and cinnamon and add to mix.

Combine all ingredients for filling and cook until it boils and thickens. Stir constantly during the process. Dough dough by spoonfuls on greased cookie sheet. Drop ½ teaspoon of filling on dough, then ½ teaspoon of dough on top. Bake at 400° for 12 minutes.

Note: This is not a good recipe to double. It doesn't come out as well.

***Pat Curtis***
***White Mountain #50***

## EXOTIC FILLED COOKIES

**1 c. soft shortening**
**2 eggs**
**2 c. brown sugar**
**½ c. buttermilk**
**1 tsp. vanilla**
**¾ c. flour**
**1 tsp. baking soda**
**½ tsp. salt**
**⅛ tsp. cinnamon**

Filling:

**2 c. dates**
**¾ c. white sugar**
**¾ c. water**
**½ c. nuts**

Cook the filling ingredients, stirring often, until thick. Let cool.

Mix together the shortening, eggs, brown sugar, buttermilk and vanilla. Add the flour, baking soda, salt and cinnamon. Drop batter by teaspoons on ungreased cookie sheet. Place ½ teaspoon of filling on top and cover with ½ teaspoon of batter. Bake 10 minutes at 350°.

***Phyllis Lang***
***Pine Grove #298***

## FILLED COOKIES

**1 c. sugar**
**½ c. Crisco or butter**
**1 tsp. vanilla**
**1 tsp. soda**
**3 ½ c. flour**
**1 egg**
**½ c. milk**
**2 tsp. cream of tartar**
**½ tsp. salt**

Cream the sugar, egg and butter. Add milk, vanilla, cream of tartar, soda, salt and flour. Roll thin and cut in rounds.

Filling:

**1 c. chopped raisins or dates**
**½ c. sugar**
**½ c. water**
**1 tsp. flour**

Cook in double boiler until thick. Flavor and place between cookies. Bake in 400° oven for approximately 15 minutes or until slightly browned.

***Dorothy Carbonneau***
***Riverside Grange #137***

# GINGER PUFFS
## (My Mother's Recipe)

¼ c. butter
¼ c. oleo or margarine
1 c. sugar
1 c. molasses
1 c. warm water
1 egg
5 c. flour
1 tsp. ginger
1 tsp. ground cloves
1 ½ tsp. baking soda
½ tsp. salt

Mix the first 6 ingredients all together, then mix the last 4 items with the flour and add a little at a time to the first mixture. Drop by teaspoon on cookie sheet and bake 15 to 20 minutes at 400°. Yields 60 to 78 cookies.

Note: Do not use a Teflon cookie sheet.

***Mrs. Viola Boulet***
***Pembroke Grange #111***

# GRAHAM GOODIES

⅓ pkg. graham crackers
1 ½ sticks butter or oleo
½ c. brown sugar

Melt butter and brown sugar. Simmer until syrup, stirring occasionally. Butter a cookie sheet or line it with foil and arrange the graham crackers on top. Pour syrup mixture over crackers and bake 10 minutes in a 350° oven.

***Barbara Gallagher***
***Halloween Grange #317***

# ICE CREAM WAFERS

½ c. Crisco
½ c. sugar
1 egg, well beaten
¾ c. flour
½ tsp. salt
½ tsp. vanilla

Blend Crisco and sugar thoroughly. Add egg, beaten velvety. Add flour, sifted with salt. Beat vigorously. Add flavoring. Drop on greased cookie sheet like small marbles well apart. Put a nut meat in center of each and bake 10 minutes at 350°.

***Helen K. Houston***
***Ezekiel Webster Grange #94***

# LEMON COCONUT COOKIES

## Crust:

**½ c. melted oleo**
**2 tsp. brown sugar**
**1 ¼ c. flour**

## Filling:

**1 c. brown sugar**
**¼ tsp. baking powder**
**½ tsp. salt**
**1 c. chopped walnuts**
**1 (14 oz.) can coconut**
**2 eggs, beaten well**

## Icing:

**juice of ½ lemon**
**1 c. confectioners sugar**
**melted oleo**

Mix the first 3 ingredients and spread in a 7 x 11-inch pan, pressing firmly. Bake in a 350° oven for 5 minutes.

Mix the filling ingredients together well and spread over the crust. Bake in a moderate oven 20 to 25 minutes. Cool in the pan.

Make a thin icing and pour over the top. Cut into 1-inch squares.

***Lena Falconer***
***Aurora #235***

# MY FAVORITE SUGAR COOKIES

**1 egg**
**1 c. sugar**
**½ c. butter (I use butter flavored Crisco)**
**1 tsp. vanilla**
**about 2 c. flour or enough to handle**
**4 Tbsp. sour cream**
**½ tsp. soda**

Cream together the sugar and shortening. Add egg, sour cream and vanilla. Cream together until well mixed. Add flour small amounts at a time until it can be handled easily. Roll thin on a floured pastry cloth or board. Cut into desired shapes with cookie cutters. Decorate, if you wish. Bake 10 to 12 minutes or until golden brown. Makes about 6 to 7 dozen cookies, depending on thickness of cookie.

***Ellen Dorr***
***Mt. Washington #116***

# NO BAKE

**2 c. sugar**
**4 Tbsp. cocoa**
**4 Tbsp. oleo**
**½ c. milk**
**½ c. peanut butter**
**1 tsp. vanilla**
**3 c. quick oatmeal**

Mix the first 4 ingredients in saucepan and boil 1 ½ to 2 minutes. Blend in peanut butter and vanilla. Mix in oatmeal and drop by spoonfuls onto wax paper. Freezes well.

***Barbara Gallagher***
***Halloween #317***

## PEANUT BUTTER COOKIES

**2 c. peanut butter**
**2 c. sugar**
**2 eggs**
**1 tsp. vanilla**

Mix all ingredients well. Roll into balls. Bake in 350° oven for 10 to 12 minutes.

Good cookie for those allergic to wheat flour.

***Elaine Hearn***
***Riverhill #346***

## PUMPKIN CHIP COOKIES

**2 c. pumpkin**
**2 tsp. baking soda**
**4 tsp. baking powder**
**1 tsp. salt**
**4 c. flour**
**2 c. sugar**
**2 eggs**
**2 Tbsp. milk**
**1 c. vegetable oil**
**6 oz. chocolate chips**
**1 c. nuts**
**2 tsp. cinnamon**

Mix all ingredients together. Drop by teaspoonful onto a greased cookie sheet and bake at 375° for 14 minutes.

***Sherry Foster***
***Pine Grove #298***

## SNICKERDOODLES

**1 c. butter**
**1 ½ c. sugar**
**2 eggs, beaten**
**2 ¾ c. flour**
**1 tsp. soda**
**2 tsp. cream of tartar**
**½ tsp. salt**

Cream the butter and sugar. Add eggs. Sift dry ingredients and mix with butter, sugar and egg mixture. Chill dough for 1 hour. Shape into ¾-inch balls and roll in sugar and cinnamon. Bake at 400° for 10 minutes on cookie sheet.

***Halloween Grange #317***

## SNICKERDOODLES

**1 ½ c. sugar**
**½ c. oleo**
**½ c. shortening**
**2 eggs**
**2 ¾ c. flour**
**2 tsp. cream of tartar**
**1 tsp. baking soda**
**¼ tsp. salt**
**3 Tbsp. sugar**
**3 tsp. cinnamon**

Heat oven to 400°. Mix 1 ½ cups of sugar, oleo, shortening, eggs, soda, salt and cream of tartar in a large bowl until smooth and creamy. Fold in flour. Shape in walnut sized balls and roll in rest of sugar and cinnamon. Bake until edges are brown (about 8 minutes); remove from cookie sheet to cooling rack. Makes 6 dozen.

***Betty Abbott***
***Grafton Star #60***

## UNBAKED CHOCOLATE COOKIES

**2 c. white sugar**
**½ c. milk**
**¼ c. vanilla**
**¼ c. oleo**
**¼ c. peanut butter**
**2 ¼ c. quick oatmeal**
**1 tsp. vanilla**
**½ c. walnuts, broken fine**

Put the first 4 ingredients over direct heat until oleo is melted, then boil 4 minutes. Remove from stove and have remaining ingredients ready to add immediately. Beat until thick; drop by teaspoonfuls on wax paper.

***Tillie Meyers***
***Winthrop Grange #315***

## BIRD'S NEST BARS

**½ c. butter**
**1 ½ c. graham cracker crumbs**
**1 (14 oz.) can sweetened condensed milk**
**1 (12 oz.) bag chocolate chips**
**1 ½ c. flaked coconut**
**1 c. chopped nuts of your choice (pecans or peanuts are best)**

Preheat oven to 350°. Put butter into 13 x 9-inch pan and melt in the oven. Sprinkle graham cracker crumbs evenly into melted butter. Pour sweetened condensed milk over crumbs. Toss remaining ingredients together and spread evenly; press down. Bake 25 to 30 minutes until golden brown. Cool. Chill, if desired. Cut into bars. Cover loosely.

***Kathe Wolf***
***Watatic #36***

# CHERRY CHEESE BARS

## Crust:

**1 c. walnuts, divided**
**1 ¼ c. unsifted flour**
**½ c. firmly packed brown sugar**
**½ c. butter flavor Crisco**
**½ c. flaked coconut**

## Filling:

**1 (8 oz.) pkg. cream cheese**
**⅓ c. granulated sugar**
**1 egg**
**1 tsp. vanilla**
**1 (21 oz.) can cherry pie filling**

Preheat oven to 350°. Grease bottom of 13 x 9 x 2-inch pan. Chop ½ cup of walnuts coarsely for topping; set aside. Chop ½ cup finely.

For crust: Combine flour and brown sugar. Cut in Crisco until fine crumbs form. Add ½ cup finely chopped walnuts and coconut. Mix well. Remove ½ cup and set aside. Press into bottom of greased pan. Bake at 350° for 12 to 15 minutes, until edges are brown.

For filling: Beat cream cheese, sugar, egg and vanilla until smooth. Spread over hot baked crust. Return to oven. Bake 10 minutes longer. Spread cherry pie filling over cheese layer.

Combine reserved nuts and crumbs; sprinkle evenly over top. Return to oven and bake 15 minutes longer. Cool and cut into 15 bars.

***Warren Pond***

# CHOCOLATE MAPLE NUT BARS

**1 ½ c. flour**
**⅔ c. sugar**
**½ tsp. salt**
**¾ c. butter or margarine**
**2 eggs**
**1 (14 oz.) can sweetened condensed milk**
**1 ½ tsp. maple flavoring**
**2 c. chopped nuts**
**1 c. semi-sweet chocolate chips**

Preheat oven to 350°. In a large bowl, combine flour, sugar and salt. Cut in butter or margarine until crumbly. Stir in 1 unbeaten egg. Press evenly into a 13 x 9-inch baking pan. Bake 25 minutes.

Meanwhile, in a medium bowl, beat the condensed milk, remaining egg and maple flavoring. Stir in nuts. Sprinkle chips evenly over baked crust. Top with nut mixture and bake 25 minutes longer until golden brown. Cool and cut into bars. Store, tightly covered, at room temperature.

***Lillian Merrill***

## BARS MADE WITH SOUP

**1 can tomato soup**
**½ soup can water**
**½ c. melted shortening**
**1 c. sugar**
**1 pkg. mincemeat or 1 c. raisins**
**2 tsp. each: allspice and cinnamon**
**1 tsp. soda**
**2 c. flour**

Mix well and spread in a greased and floured 16 x 20-inch pan. Bake at 350° for 20 minutes. Cool. Frost with confectioners sugar and butter frosting. Cut into bars.

***Cheryl Thibodeau***
***Winthrop #315***

## BLONDE BROWNIES

**2 c. flour**
**1 tsp. baking powder**
**¼ tsp. salt**
**⅔ c. melted oleo**
**2 Tbsp. hot water**
**2 c. brown sugar**
**2 eggs, lightly beaten**
**2 tsp. vanilla**
**1 pkg. bits**

Mix oleo, water and brown sugar; cool and add eggs, vanilla and flour mix. Spread in a large pan. Sprinkle bits over the top. Bake 25 minutes at 350°.

***Marylin Campbell***
***Warren Pond #47***

## BUTTERSCOTCH SQUARES

**2 c. flour**
**2 tsp. baking powder**
**1 tsp. baking soda**
**1 tsp. salt**
**1 c. oleo, softened (use half Crisco)**
**1 ½ c. packed brown sugar**
**2 eggs**
**1 Tbsp. water**
**1 ½ c. quick oats**
**1 pkg. butterscotch bits**
**orange extract**

Combine sugar, oleo, eggs and water. Beat until creamy. Add dry ingredients, premixed. Add oats and bits, mixing thoroughly. Spread in a 15 x 10-inch greased pan. Bake in 350° oven for 20 to 25 minutes. Cut in 2-inch squares.

***Ina Mae Smith***
***Ashuelot #129***

# DATE BALLS

**1 pkg. dates, cut fine**
**1 c. sugar**
**½ c. butter**
**1 egg**
**2 c. Rice Krispies**
**½ c. chopped nuts**
**1 tsp. vanilla**
**confectioners sugar**

Cook all ingredients together 10 minutes over low heat. Remove from heat and add rice cereal, nuts and vanilla. Let cool. Mold into balls and dip in confectioners sugar.

***Marjorie Huntoon***
***Blazing Star***

# FROSTED CRANBERRY PARSNIP BARS

($400.00 First Prize Winner Original Recipe)

**1 c. parsnips, cooked and put through food mill**
**4 eggs, beaten**
**2 c. sugar**
**1 ½ c. vegetable oil**
**2 ½ c. all-purpose flour**
**2 tsp. baking soda**
**1 tsp. cinnamon**
**1 tsp. salt**
**1 ½ c. fresh or frozen cranberries, chopped**
**Cream Cheese Frosting**

Combine eggs and sugar. Beat well and add parsnips. When well blended, add oil and sifted dry ingredients. Beat well. Fold in cranberries. Spread batter in greased and wax paper-lined 11 x 17-inch jelly roll pan. Bake in 350° oven for 25 to 35 minutes until toothpick inserted in center comes out clean. Turn out on rack to cool. Remove wax paper immediately.

Cream Cheese Frosting:

**1 (3 oz.) pkg. softened cream cheese**
**2 c. confectioners sugar**
**¼ c. Crisco**
**1 tsp. vanilla**

Combine all ingredients; beat well, adding orange juice 1 teaspoon at a time until smooth. Spread onto cooled bars.

***Viola Blake***
***New Hampton #123***

# FROSTED MINT BROWNIES

**4 sq. baking chocolate**
**1 c. butter**
**2 c. sugar**
**4 eggs**
**1 ½ c. flour**
**1 tsp. baking powder**
**1 tsp. salt**
**1 c. chopped nuts**

Melt chocolate and butter. Beat eggs until fluffy. Beat in sugar. Add chocolate and butter. Add flour that has been sifted with baking powder and salt. Add nuts and pour into a 15 ½ x 10 ½-inch greased jelly roll pan. Bake at 350° for 20 to 25 minutes. Remove from oven and place rows of chocolate mint patties on top. Return to oven (must be turned off) for 2 to 3 minutes. Spread with spatula and let harden before cutting.

Takes about 2 ½ boxes of Haviland mints to cover.

***Nancy Philbrook***
***Winthrop #315***

## ICED GINGERBREAD SQUARES

**6 Tbsp. shortening**
**¾ c. sugar**
**¼ c. molasses**
**1 egg**
**6 Tbsp. water**
**2 ¼ c. flour**
**½ tsp. salt**
**½ tsp. each: cinnamon, allspice and ground cloves**
**2 tsp. baking powder**
**¾ tsp. ginger**
**½ lemon rind and juice**
**confectioners sugar**

Cream together the shortening and sugar. Add molasses and egg. Beat well. Sift together the flour and all dry ingredients. Add to mixture with water; mix well and spread in greased 10 x 15-inch pan.

Icing: Add enough confectioners sugar to the rind and juice of ½ lemon to make a thin glaze. Spread onto hot squares. When cool, cut into 2-inch squares. Makes about 28 squares.

***Emilie Willard***
***Miller #34***

## NO BAKE PEANUT BUTTER COOKIES

**2 c. sugar**
**½ c. milk**
**1 stick butter or margarine**
**¾ c. peanut butter**
**3 c. quick cooking oatmeal**

Cook the sugar, butter and milk hard for 1 ½ minutes. Add peanut butter and oats, stirring thoroughly. Cool a little. Drop by teaspoon on wax paper. Allow to set until cold.

***Margaret Balch***
***Morning Star #62***

# NUTTY CHEESE CAKE SQUARES

**2 c. flour**
**1 c. finely chopped walnuts**
**⅔ c. brown sugar, packed**
**½ tsp. salt**
**⅔ c. butter or margarine**

Filling:

**2 (8 oz.) pkg. cream cheese, softened**
**½ c. sugar**
**2 eggs**
**¼ c. milk**
**1 tsp. vanilla**

In a bowl, combine flour, walnuts, brown sugar and salt. Cut in butter until the mixture resembles coarse crumbs. Set half aside. Press half onto the bottom of a greased 9 x 13-inch baking pan. Bake at 350° for 10 to 15 minutes or until lightly browned.

In mixing bowl, beat filling ingredients until smooth. Pour over crust. Sprinkle with remaining crumb mixture. Bake at 350° for 20 to 25 minutes or until a knife inserted near the center comes out clean. Cool completely. Store in refrigerator.

***Ora E. Clark***
***Prentice Hill Grange #257***

# PEANUT BUTTER BARS

**½ c. butter or margarine, softened**
**½ c. sugar**
**½ c. packed brown sugar**
**½ c. creamy peanut butter**
**1 egg, beaten**
**1 tsp. vanilla extract**
**1 c. all-purpose flour**
**½ c. quick-cooking oats**
**1 tsp. baking soda**
**¼ tsp. salt**
**1 c. (6 oz.) semi-sweet chocolate chips**

In a mixing bowl, cream the butter, sugars and peanut butter. Add egg and vanilla; mix well. Combine flour, oats, baking soda and salt. Stir into the creamed mixture. Spread into a greased 13 x 9 x 2-inch baking pan. Sprinkle with chocolate chips. Bake at 350° for 20 to 25 minutes or until lightly browned. Cool for 10 minutes or more before taking them from the pan. Yields 2 dozen.

***Dorothy Pierson***
***Morning Star Grange #62***

# PUMPKIN SQUARES

**4 eggs**
**1 c. oil**
**1 ⅔ c. sugar**
**1 can pumpkin**
**2 c. flour**
**2 tsp. baking powder**
**2 tsp. baking soda**
**1 tsp. salt**
**2 tsp. cinnamon or pumpkin pie spice**
**1 c. raisins (optional)**
**Cream Cheese Frosting**

Mix together the eggs, oil, sugar and pumpkin. Sift all dry ingredients and add to first mixture. Add the raisins, if desired. Pour into greased 12 x 18-inch pan. Bake for 30 minutes in a 350° oven.

Cream Cheese Frosting:

**1 box confectioners sugar, sifted**
**1 (3 oz.) pkg. cream cheese**
**1 stick margarine**

Blend all ingredients and spread on cooled bars.

***Carol Eaton***
***Fidelity #300***

# PUMPKIN BARS

Bars:

**2 c. flour**
**2 tsp. baking powder**
**1 tsp. cinnamon**
**½ tsp. salt**
**4 eggs**
**½ c. raisins**
**2 c. sugar**
**1 tsp. baking soda**
**1 tsp. nutmeg**
**½ tsp. cloves**
**½ c. chopped nuts**
**1 c. oil (I use 1 c. applesauce in place of oil)**

Mix all together and pour into a 15 x 10 x 1-inch greased pan or for thicker bars, use a 13 x 9 x 1-inch pan. Bake in a 350° oven for about 45 minutes.

Frosting:

**2 c. confectioners sugar**
**1 Tbsp. milk**
**1 (3 oz.) pkg. cream cheese, softened**
**⅓ c. margarine or butter, softened**
**1 tsp. vanilla**

Spread on cooled, baked bars. Yields approximately 48 bars.

***Joan Garland***
***Henry Wilson Grange #205***

# PUMPKIN BARS

**4 eggs**
**1 ⅔ c. sugar**
**1 can pumpkin**
**2 c. all-purpose flour**
**1 c. oil**
**2 tsp. baking powder**
**2 tsp. cinnamon**
**1 tsp. salt**
**1 tsp. baking soda**
**raisins and/or nuts (optional)**

Icing:

**1 (8 oz.) pkg. cream cheese**
**½ c. butter or oleo, softened**
**1 tsp. vanilla**
**2 c. powdered sugar**

In mixer bowl, beat together the eggs, granulated sugar, oil and pumpkin until light and fluffy. Stir together the flour, baking powder, salt, cinnamon and soda. Add to pumpkin mixture and mix thoroughly. Spread batter in ungreased 15 x 10 x 1-inch baking pan. Bake in a 350° oven for 25 to 30 minutes. Cool. Frost with cream cheese frosting.

***Maxrene Patten***
***Pineconia #322***

# RAISIN BARS
(No Sugar)

**1 c. flour**
**2 Tbsp. shortening**
**1 egg**
**1 c. raisins**
**¾ c. applesauce (unsweetened)**
**½ tsp. salt**
**½ tsp. baking powder**
**1 tsp. cinnamon**
**½ tsp. nutmeg**
**¼ tsp. cloves**
**½ tsp. vanilla**
**nuts (optional)**

Mix all ingredients. Pour into an 8 x ½ x 8 ½-inch pan. Bake at 350° for 20 minutes.

***Ruby Langley***
***Riverhill #346***

# VIENNA CHOCOLATE BARS

**1 c. butter**
**2 egg yolks**
**1 ½ c. sugar**
**2 ½ c. sifted flour**
**1 c. chocolate bits**
**4 egg whites**
**1 tsp. salt (optional)**
**1 c. chopped nuts**
**1 (10 oz.) jar raspberry jam**

Preheat oven to 350°. Grease a 10 x 15-inch pan. Cream the butter with egg yolks and ½ cup of sugar. Add sifted flour. Knead. Pat out on pan. Bake 20 minutes at 350°. Remove from oven. Spread with jam. Cover with chocolate chips.

Beat egg whites with salt until stiff. Fold in nuts and 1 cup of sugar. Gently spread over chocolate bits. Bake 25 minutes at 350°. Cool, cut and enjoy.

***Velma Pope***
***Purling Beck***

## AUNT C'S TOP SECRET CARAMELS

**½ lb. butter**
**1 can sweetened condensed milk**
**1 ¼ c. light brown sugar**
**1 ¼ c. white sugar**
**1 ¼ c. light Karo syrup**
**1 tsp. vanilla**
**1 c. nuts (optional; cashews, pecans, etc.)**

Melt butter in a thick saucepan; pour all ingredients except vanilla and nuts in. Stirring constantly, bring to a boil. (Be careful; it expands and if you don't have enough room in the pan, you will have a big mess.) Lower heat and maintain boil for around 10 minutes, until it sticks to the spoons. Shut off heat and add vanilla. Now is the time for nuts, if you like. Pour into a buttered 13 x 9-inch pan and cool. When cooled, cut in 1-inch squares. Best if kept in fridge until serving.

***Kathe Wolf***
***Watatic #36***

## BEST PENUCHE CANDY
(Very Good; Never Fails)

**1 lb. light brown sugar**
**½ c. confectioners sugar**
**⅓ c. white sugar**
**3 Tbsp. cornstarch**
**¾ c. milk (canned or plain)**
**1 Tbsp. butter**
**2 Tbsp. Marshmallow Fluff**
**1 tsp. vanilla**

Combine sugar, milk and cornstarch. Boil good. Lower heat. Do not stir now. Cook 15 to 20 minutes to soft-ball stage. Add butter, vanilla, Marshmallow Fluff and walnuts. Beat well. Pour into buttered pan.

***Pat Curtis***
***White Mt. #50***

# BROWN SUGAR FUDGE

**1 c. granulated sugar**
**1 c. brown sugar**
**½ c. milk**
**1 tsp. vanilla**
**1 Tbsp. butter**
**peanut butter (optional)**

Boil together the first 3 ingredients, stirring frequently. Test by dropping a little in cold water. Add vanilla and butter and beat until quite thick. Turn into a greased pan and cool. Cut before it's quite cold.

Add peanut butter after removing from heat if you want peanut butter fudge. Beat as directed.

***Adah A. West***
***Chichester #132***

# CHOCOLATE WALNUT FUDGE

**4 c. sugar**
**1 stick oleo**
**2 Tbsp. light corn syrup**
**1 (10 oz.) can milk**
**⅔ c. unsweetened cocoa**
**1 (18 oz.) jar creamy peanut butter**
**1 small jar Marshmallow Fluff**
**1 c. chopped nuts**
**1 tsp. vanilla**

On high heat, cook sugar, oleo, corn syrup, milk, butter and cocoa to a full, rolling boil. Stir constantly. Lower heat to medium and cook for 10 minutes; stir constantly. Remove from heat. Add Fluff, peanut butter, nuts and vanilla. Beat until it forms "swirls." Pour into a 9 x 13-inch buttered pan.

***Arlene Fall***
***Somersworth Grange***

# CHRISTMAS BUTTERNUT FUDGE

This recipe is 75 years old and is written as my father told it to me and he always made it. He was John W. Campbell of Acworth, New Hampshire.

**3 c. light brown sugar, packed**
**1 ½ c. white sugar**
**1 ½ Tbsp. butter or margarine**
**⅔ c. milk**
**½ tsp. vanilla**
**1 ½ c. chopped butternuts (walnuts can be used)**

Mix the first 4 ingredients and cook as for any fudge to soft-ball stage. Test frequently. Should be ready to test by time pan is buttered. At soft-ball stage, remove from heat. Add vanilla.

"Beat the stuffing out of it" and as soon as it starts to set up and sugar around the edge of the pan, it's about time to dump it out, but add nutmeats the "last minute" and hurry to put it in the prepared pan. Mark into squares as soon as set. Remove from pan as soon as hard enough. Don't leave it in the pan overnight or you'll have to dig it out later.

Note: Butternuts had to be cracked by hand, no easy task.

***Priscilla Clark***
***Warren Pond #47***

## COW PIES

**2 c. (12 oz.) milk chocolate chips**
**1 Tbsp. shortening**
**½ c. raisins**
**½ c. chopped slivered almonds**

In a double boiler over simmering water, melt the chocolate chips and shortening, stirring until smooth. Remove from heat. Stir in the raisins and almonds. Drop by tablespoonfuls onto wax paper. Chill until ready to serve. Makes 2 dozen.

***Elizabeth Frisbee***
***Fidelity #300***

## FUDGE

**5 Tbsp. cocoa**
**2 ¾ c. sugar**
**½ c. margarine**
**½ c. milk**
**½ c. peanut butter**
**3 c. rolled oats**
**1 tsp. vanilla**

Combine cocoa, sugar, margarine and milk; boil for 2 minutes. Remove from heat and add peanut butter, rolled oats and vanilla. Mix well. Pour into pan lined with waxed paper. Cool and cut into squares.

***Beryl Buzzell***
***New Hampton #123***

## NEVER FAIL CHOCOLATE FUDGE

**5 c. sugar**
**1 (13 oz.) can evaporated milk**
**¼ lb. oleo**
**12 oz. Marshmallow Fluff**
**1 tsp. salt**
**1 tsp. vanilla**
**1 c. walnut meats**
**2 (12 oz.) pkg. chocolate chips**

Combine the first 5 ingredients, stirring over low heat until blended, then bring to a boil over moderate heat. Boil for 5 minutes, stirring constantly. Remove from heat. Stir in vanilla, walnuts and chocolate chips, stirring until chocolate is melted. Pour into 2 buttered 9 x 9-inch pans and cool. Makes about 5 pounds of fudge.

*Dorothy Birard*
*Mt. Washington Grange*

## NOUGAT

**1 ½ c. granulated sugar**
**1 Tbsp. cornstarch**
**1 c. light corn syrup**
**½ c. water**
**2 egg whites**
**⅔ c. chopped candied cherries**

Grease a 9 x 5 x 3-inch pan lightly, then dust with cornstarch. In a large saucepan, combine the sugar and cornstarch. Add the syrup and water. Cook and stir until sugar dissolves. Continue cooking to soft-ball stage (286°), stirring occasionally to prevent sticking.

Meanwhile, beat 2 egg whites to stiff peaks. Slowly pour syrup over egg whites, beating constantly with electric mixer. Beat until mixture becomes stiff. Fold in the cherries. Pack candy into loaf pan. Cut in 1-inch squares.

*Pauline Blais*
*Hudson*

## PEANUT BUTTER CUPS

**1 ½ c. unsweetened granola or Grape-Nuts**
**1 c. nonfat dry milk**
**1 c. chunky peanut butter**
**½ c. applesauce**

Blend and press into paper cupcake cups. Make a day ahead.

Variation: Use bananas instead of applesauce. Form balls and roll in sesame seed, coconut or crushed peanuts. Can store in freezer when tightly wrapped.

*Betty Abbott*
*Grafton Star #60*

## PEANUT BUTTER FUDGE

**2 c. sugar**
**2 Tbsp. light corn syrup**
**½ c. milk**
**¼ tsp. salt**
**1 tsp. vanilla**
**½ c. peanut butter**

Combine the first 4 ingredients in a saucepan; bring to a boil, stirring until sugar has dissolved. Cook to soft-ball stage (236°). Remove from heat. Add vanilla and peanut butter. Cool 5 minutes or until lukewarm. Beat until mixture is creamy and begins to thicken. Turn into buttered loaf pan. Cool and cut into squares.

***Beryl Buzzell***
***New Hampton Grange #123***

## PEANUT BUTTER FUDGE

**2 c. sugar**
**½ stick butter**
**1 small can evaporated milk**
**½ c. peanut butter**
**1 tsp. vanilla**
**½ c. Marshmallow Fluff**

Bring to a boil the first 3 ingredients and boil 5 minutes longer. Remove from heat. Add peanut butter and vanilla and mix well. Add the Fluff and mix.

***Ruby Langley***
***River Hill #346***

## PEANUT BUTTER FUDGE

**1 (1 lb.) box confectioners sugar**
**½ c. milk**
**2 Tbsp. margarine**
**1 jar Marshmallow Fluff**
**1 c. peanut butter**
**1 tsp. vanilla**
**½ c. nuts**

Boil sugar, milk and margarine for 5 minutes. Remove from heat. Beat in the Fluff, peanut butter and vanilla until smooth. Add nuts. Pour in an 8-inch square pan that has been lightly buttered.

***Carol Eaton***
***Fidelity #300***

## PEANUT BUTTER ROLLS

**½ box graham cracker crumbs**
**2 sticks butter or margarine**
**½ c. chunky peanut butter**
**1 (1 lb.) box confectioners sugar**
**1 can coconut or 1 c. walnuts**
**½ bar paraffin**
**12 oz. semi-sweet chocolate bits**

Combine the first 5 ingredients; roll into bite sized balls and refrigerate.

Melt paraffin and chocolate bits in a double boiler. Remove from heat. Dip balls in chocolate to coat. Place on waxed paper. Makes 60 to 70 balls.

*Nancy Bean*
*Contoocook Valley Pomona #23*

## PECAN DELIGHT

**1 stick margarine (¼ lb.)**
**white of 2 eggs**
**1 c. sugar**
**dash of salt**
**1 lb. pecans, shelled**

Melt margarine on a cookie sheet at 350°. Mix the whites of 2 eggs, sugar and salt. Add pecans. Spread on the cookie sheet and mix in butter. Stir well. Bake 45 minutes at 350°, stirring every 10 minutes.

*Nancy Bean*
*Contoocook Valley Pomona #23*

## PENUCHE FUDGE

Cook sugar, milk and butter together until it forms a soft ball in cold water. Add nut meats and vanilla. Beat for 3 minutes. Put in pan and cool. Cut in squares.

*Beryl Buzzell*
*New Hampton Grange #123*

## QUICK NUT FUDGE

**1 lb. 10x sugar**
**½ c. cocoa**
**¼ tsp. salt**
**6 Tbsp. butter or margarine**
**4 Tbsp. milk**
**1 Tbsp. vanilla**
**1 c. chopped pecans or walnuts**

Combine all ingredients except nuts in top of a double boiler. Place over simmering water and stir until smooth. Add nuts and mix. Spread candy quickly in buttered 9 x 5-inch loaf pan. Cool; cut into squares. Yields 2 dozen pieces.

*Beryl Buzzell*
*New Hampton Grange #123*

## REESE'S SQUARES

**8 oz. melted butter or margarine**
**1 ½ c. crushed graham crackers**
**2 ½ c. confectioners sugar**
**1 c. peanut butter (smooth or crunchy)**
**8 oz. milk chocolate (bars or bits)**

Mix well all ingredients except chocolate. Pour into a 13 x 9 x 2-inch pan. Melt chocolate and spread over mixture in pan. Leave at room temperature until chocolate sets. Cut into squares and keep refrigerated.

## RICH COCOA FUDGE

**3 c. sugar**
**⅔ c. Hershey's cocoa**
**⅛ tsp. salt**
**1 ½ c. milk**
**¼ c. butter**
**1 tsp. vanilla**

Combine first 4 ingredients and bring to a full boil, stirring constantly. Boil, without stirring, to 234° on a candy thermometer (or to soft-ball stage). Remove from heat. Add butter and vanilla; do not stir. Cool at room temperature to 110° (lukewarm). Beat with wooden spoon until fudge thickens and loses some gloss. Quickly spread in an 8 or 9-inch square pan. Cool. Cut into 3 dozen squares.

***Patricia Cutter***
***Bartlett Grange #104***

## TOOTSIE ROLLS

**1 can condensed milk**
**12 oz. semi-sweet chocolate bits**
**1 tsp. vanilla**

Heat condensed milk in quart microwavable container. Add chocolate bits and stir until melted. Add vanilla. Pour onto greased aluminum foil on cookie sheet. Cool. Cut into bars. Butter hands and roll into Tootsie Rolls. Place on serving dish and let set.

***Nancy Bean***
***Contoocook Valley Pomona #23***

## TWO FLAVOR FUDGE

**2 c. brown sugar**
**1 c. white sugar**
**1 c. evaporated milk**
**½ c. butter**
**1 c. mini marshmallows**
**1 (6 oz.) pkg. butterscotch morsels**
**1 (6 oz.) pkg. chocolate morsels**
**1 c. walnuts**
**1 tsp. vanilla**

Combine first 4 ingredients in a saucepan and bring to a full boil over moderate heat, stirring frequently. Boil for 5 minutes. Remove from heat. Add mini marshmallows, the butterscotch and chocolate morsels. Stir until morsels are melted and the mixture is smooth. Blend in walnuts and vanilla. Pour into greased 9-inch square pan. Chill until firm. Makes about 2 ½ pounds.

***Beryl Buzzell***
***New Hampton #123***

## -•EXTRA RECIPES•-

## –•YOUR FAVORITE RECIPES•–

| Recipe | Page Number |
| --- | --- |

# Desserts

# Substitutions

| | |
|---|---|
| 1 c. whole milk | ½ c. evaporated milk and ½ c. water<br>½ c. condensed milk and ½ c. water (reduce sugar in recipe)<br>4 T. powdered milk and 1 c. water.<br>4 T. nonfat dry milk plus 2 t. shortening and 1 c. water |
| 1 c. sour milk | 1 c. sweet milk and 1 T lemon juice or vinegar<br>1 c. sweet milk mixed with 1 T. lemon juice or 1 T. vinegar or 1 ¾ t. cream of tartar |
| 1 c. sweet milk | 1 c. sour milk or buttermilk plus ½ t. baking soda |
| 1 c. sour, heavy cream (for sour milk recipe) | ⅓ c. butter and ⅔ c. milk |
| 1 c. sour, thin cream (for sour milk recipe) | 3 T. butter and ¾ c. milk |
| 1 c. butter or margarine (for shortening) | 4/5 c. bacon fat (clarified), increase liquid in recipe ¼ c. ⅔ c. chicken fat (clarified), increase liquid in recipe ¼ c.)<br>7/8 c. cottonseed, corn, nut oil (solid or liquid)<br>7/8 c. lard and salt<br>½ c. suet and salt (increase liquid in recipe ¼ c.) |
| 1 1-oz. square unsweetened chocolate | 3 T cocoa plus ½ T. shortening |
| 1 T. cornstarch (for thickening) | 2 T. flour (approx.) |
| 1 T. flour (for thickening) | ½ to ⅔ T. cornstarch or 1 T. minute tapioca or 1 whole egg, 2 egg whites or 2 egg yolks |
| 1 c. sifted cake flour | 1 c. minus 2 T. sifted all-purpose flour |
| 1 c. sifted all-purpose flour | 1 c. plus 2 T. sifted cake flour |
| 1 whole egg | 2 egg yolks, plus 1 T. water (in cookies, etc.) or 2 eggs yolks (in custards, etc.) |
| 1 c. canned tomatoes | 1 ⅓ c. cut-up fresh tomatoes, simmered 10 min. |
| 1 c. molasses | 1 c. honey |
| 1 c. honey | ¾ c. sugar plus ¼ c. liquid |
| 1 c. granulated sugar | 1 ⅓ c. brown sugar or 1 ½ c. powdered sugar |
| 1 t. baking powder | ¼ t. baking soda plus ½ t. cream of tartar |
| 1 lb. cornmeal | 3 cups |
| 1 lb. cornstarch | 3 cups |
| 1 lemon rind | 1 Tbsp. grated |
| 3-4 med. oranges | 1 cup |
| 1 orange rind | 2 Tbsp. grated |
| 23 soda crackers | 1 cup crumbs |
| 15 graham crackers | 1 cup crumbs |

# Sizes of Cans

| | |
|---|---|
| No. 1 can | 1 ½ cupfuls used for baked beans, meats, soups, fruits, vegetables. |
| No. 1 (tall) | 2 cupfuls |
| No. 2 can | 2 ½ cupfuls used for beans, peas and corn. |
| No. 2 ½ can | 3 ½ cupfuls used for tomatoes, spinach, beets and pumpkin. |
| No. 3 can | 4 cupfuls |
| No. 10 can | 1 gallon used for both fruits and vegetables. |
| No. 5 can | 7 cupfuls (almost ½ gallon) used for fruit juice. |

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# DESSERTS

## APPLE BREAD PUDDING

**4 c. soft bread crumbs**
**1 c. diced, peeled apples**
**2 c. scalded milk**
**2 Tbsp. melted butter**
**3 eggs**
**⅓ c. honey or ½ c. sugar**
**1 tsp. vanilla**
**1 tsp. cinnamon**
**¼ tsp. nutmeg**
**¼ tsp. ground cloves**
**1 tsp. grated lemon peel**
**whipped cream or ice cream (optional)**

Toss bread crumbs with apples; set aside. In a mixing bowl or blender, combine milk, butter, eggs, honey, vanilla, cinnamon, nutmeg, cloves and lemon peel. Mix with apples. Spoon into a buttered 2-quart casserole or individual ramekins. Set dish in a large pan of hot water. Bake at 350° for 1 hour or until a knife inserted in center comes out clean. Serve warm with whipped cream or ice cream. Yields 6 servings.

***Virginia Clark***
***Prentice Hill #257***

## APPLE CRISP

**6 or 7 Cortland or McIntosh apples**
**⅔ c. water**
**1 c. flour**
**¾ tsp. cinnamon**
**1 c. sugar**
**½ c. butter or oleo**

Fill casserole with sliced apples. Sprinkle with cinnamon. Add water; cover with flour, sugar and butter which have been crumbled together. Bake, uncovered, until apples are tender in 350° to 375° oven.

Some folks sprinkle quick oatmeal with flour, sugar and butter, crumbled, for topping on apples.

***Elizabeth Frisbee***
***Fidelity #300***

## APRICOT ALMOND DESSERT

**1 ½ c. crushed vanilla wafers**
**1 c. melted butter**
**⅔ c. toasted, slivered almonds**
**1 tsp. almond extract**
**½ gal. vanilla ice cream**
**1 (12 oz.) jar Smucker's apricot preserves**

Combine vanilla wafers, butter, almonds and extract. Spread half of the mixture into a 9-inch square pan. Pat firmly. Reserve remaining half for topping.

Soften ice cream and spoon over crumb mixture in pan. Place pan in freezer to firm it up, about 20 minutes. Remove from freezer. Spread preserves over ice cream. Top with remaining crumbs. Cover pan and freeze. Remove from freezer 20 minutes before serving. Cut into 9 squares.

***Nancy Philbrecok***
***Winthrop #315***

## BAKED BANANAS
(Bananas Calados)

**8 Tbsp. butter**
**1 Tbsp. grated lime peel**
**2 Tbsp. lime juice**
**3 Tbsp. sugar**
**8 bananas**

Preheat oven to 200°. In an ovenproof dish, put the butter, then lime peel gratings, the lime juice and sugar. Place in the oven for 2 minutes or until the butter melts. Remove dish and raise heat to 400°.

Peel the bananas. Coat with the butter mixture and bake for 20 minutes. Remove and baste with the butter mixture. Bake an additional 10 minutes or until golden. Serve piping hot. Serves 8.

***Juan Carlos Aceros***
***Pineconia #322***

## BAKED GRAPE-NUTS CUSTARD

**¼ c. melted oleo**
**¾ c. Grape-Nuts**
**½ c. sugar**
**3 eggs, well beaten**
**2 c. milk**
**½ c. seedless raisins**
**1 tsp. vanilla**
**⅛ tsp. each: nutmeg, cinnamon and salt**

Mix together the oleo and Grape-Nuts and set aside. Beat together the eggs and sugar, then add cereal mixture. Also, add the rest of the ingredients at this point. Blend well. Pour into 1-quart baking dish and place in a pan of hot water (bain-marie).

Bake at 375° for 30 minutes. Remove and stir thoroughly. Bake an additional 20 minutes longer. Serve hot, topped with vanilla ice cream. Also good cold.

***Kathryn L. Smilo***
***Chichester #132***

# BAKED INDIAN PUDDING

**1 pt. milk**
**4 Tbsp. corn meal**
**1 pt. cold milk**
**1 egg**
**½ c. sugar**
**½ c. molasses**
**a little cinnamon**
**a little salt**

Scald 1 pint of milk and stir the corn meal into the milk. Beat egg, salt, cinnamon, sugar and molasses. In ½ hour, stir in 1 pint of cold milk. Bake for 2 hours or until done in a 325° oven.

Recipe is from my aunt given to my mother in 1933.

***Marjorie Huntoon***
***Blazing Star***

# BAKED RICE PUDDING

**4 c. milk**
**¼ tsp. salt**
**½ c. raisins**
**2 Tbsp. butter**
**½ c. sugar**
**¼ tsp. nutmeg**
**4 Tbsp. rice**

Combine all ingredients except raisins and pour into a greased casserole. Bake, uncovered, in a slow oven (325°) for 1 hour. Add the raisins and stir. Bake 1 ½ hours more. Serve warm or cold.

***Edith Switzer***
***Riverside #137***

# BLUEBERRY BUCKLE

**¾ c. sugar**
**¼ c. shortening**
**1 egg**
**½ c. milk**
**2 c. flour**
**2 tsp. baking powder**
**½ tsp. salt**
**2 c. blueberries**

Mix the first 3 ingredients together. Stir in milk. Sift together and stir in flour, baking powder and salt. Finally, fold in blueberries. Spread batter in greased and floured 9-inch baking dish. Sprinkle with topping.

Topping:

**½ c. sugar**
**⅓ c. flour**
**½ tsp. cinnamon**
**¼ c. soft butter**

Cut the butter into dry ingredients and spread on top of batter. Bake in 375° oven for 40 to 45 minutes or until toothpick comes out clean. Yields nine 3-inch squares.

***Anna Northrup***
***Hooksett #148***

## CHOCO-O-DATE DESSERT

**12 Oreo cookies, crushed**
**1 c. dates, cut up**
**¾ c. water**
**¼ tsp. salt**
**2 c. tiny marshmallows**
**½ c. walnuts, chopped**
**1 c. heavy cream**
**½ tsp. vanilla**

Set aside ½ cup of the crushed cookies. Spread the remainder in a 10 x 6-inch dish.

Combine the dates, water and salt in a small saucepan and simmer for 3 minutes. Remove from heat; stir in marshmallows and let cool. Stir the chopped nuts into the mixture and spread over the crumbs.

Combine cream and vanilla and whip until stiff. Spread this over the date mixture and sprinkle remaining crumbs on top. Chill overnight. Cut into squares. Serves 8.

***Nan Scott***
***Pine Grove***

## CHOCOLATE FEATHER PUDDING

**1 egg**
**1 c. sugar**
**1 c. milk**
**1 Tbsp. melted butter**
**1 ½ c. flour**
**2 tsp. salt**
**1 ½ sq. melted bitter chocolate**
**2 tsp. baking powder**

Beat egg lightly and add sugar. Stir in milk and melted butter. Sift together the flour, baking powder and salt. Add to sugar mixture and mix well. Add melted chocolate. Place in greased pudding mold and steam for 2 hours.

(This can also be "baked" in a double boiler with a tight fitting lid.)

***Barbara J. Frangione***
***Chichester #132***

# COTTAGE PUDDING

**1 ¾ c. flour**
**2 tsp. baking powder**
**½ tsp. salt**
**¼ c. shortening**
**¾ c. sugar**
**1 large egg**
**¾ c. milk**
**1 tsp. vanilla**

Sour Sauce:

**1 c. sugar**
**2 Tbsp. cornstarch**
**2 c. boiling water**
**4 Tbsp. butter**
**2 tsp. vinegar**
**2 tsp. nutmeg**

Sift dry ingredients into a bowl. Add other ingredients. Beat until smooth. Pour into greased and floured 9-inch pan. Bake at 350° for 25 to 30 minutes. Serve warm with Sour Sauce.

Sour Sauce: Mix sugar and cornstarch together in saucepan; stir in water gradually. Boil 1 minute, stirring constantly. Add butter, vinegar and nutmeg for flavoring. Keep hot to serve over cake.

Note: May also use chocolate, vanilla or lemon sauce.

***Frances Pepau***
***Stratford #238***

# COCADAS

**2 grated coconuts**
**water from 2 coconuts**
**1 ½ lb. sugar**
**4 ground cloves**
**1 lemon**

Cook the grated coconut in its own water over medium heat with ⅓ of the sugar and the cloves. When the syrup starts to thicken, add the rest of the sugar and the juice from the lemon. Stir with a wooden spoon until the mixture darkens and thickens. With the spoon, take out small coconut shreds and place on a damp tray to cool. The color of the Cocadas varies according to what degree the syrup is allowed to burn.

***Juan Carlos Aceros***
***Pineconia #322***

# GRAPE-NUT CUSTARD PUDDING

**5 eggs**
**½ c. sugar**
**⅛ tsp. salt**
**1 tsp. vanilla**
**3 c. milk**
**½ c. Grape-Nuts**

Beat eggs well. Add sugar and mix well. Add salt, vanilla and milk. Pour into a quart and 1 baking dish. Add Grape-Nuts and let stand for 15 to 20 minutes. Stir mixture and set in a shallow pan of hot water. Bake in preheated oven at 350° for 50 minutes or until custard is set. Serves 8.

## ORANGE DELIGHT

**1 (6 oz.) box orange Jell-O**
**2 c. boiling water**
**1 qt. vanilla ice cream**
**1 (11 oz.) can mandarin orange slices**
**1 medium angel food cake**

Dissolve Jell-O in boiling water. Add ice cream and undrained orange segments. Stir until ice cream melts. Chill until partially set. Tear cake into bite size pieces and fold into gelatin mix. Pour into oiled 3-quart mold. Chill until firm.

***Sandy Baker***
***Jaffrey #135***

## PINK RHUBARB COBBLER

**3 c. diced rhubarb**
**1 c. sugar**
**3 Tbsp. butter or margarine**
**1 ½ c. flour**
**¼ tsp. salt**
**3 tsp. baking powder**
**¾ c. sugar**
**¼ c. shortening**
**1 egg, beaten**
**½ c. milk**

Place rhubarb in greased 8 x 12-inch baking dish. Sprinkle with 1 cup of sugar and dot with butter or margarine. Heat in 350° oven while mixing batter.

Sift remaining dry ingredients into a bowl and cut in shortening until mixture resembles coarse crumbs. Add mixed egg and milk and stir. Pour batter over hot rhubarb. Bake at 350° for 30 to 35 minutes. Serve warm with cream or ice cream. Makes 12 servings.

## RUSSIAN CREAM MOLD

**1 (3 oz.) pkg. lemon jello**
**1 c. boiling water**
**1 c. sour cream**
**1 small can mandarin orange sections**
**1 small pkg. frozen raspberries, thawed**
**½ c. coconut**

Dissolve jello in water and chill until thickened and syrupy. Fold in remaining ingredients. Pour into a lightly oiled mold. When thoroughly set, turn out and serve.

*Ina Mae Smith*
*Ashulot #129*

## RASPBERRY DELIGHT

**2 c. applesauce**
**2 (40 oz.) pkg. raspberry Jell-O**
**2 pkg. frozen raspberries, thawed**

Bring applesauce to a boil. Dissolve Jell-O in applesauce; remove from heat. Add thawed raspberries and blend well. Pour into decorative bowl and chill 1 to 2 hours.

*Helen Merrill*
*Starr King Grange #124*

## SEX IN A PAN

Crust:

**1 ½ c. flour**
**1 c. graham cracker crumbs**
**1 ¾ sticks margarine**

Filling:

**1 (8 oz.) pkg. cream cheese (softened kind)**
**1 c. confectioners sugar**
**½ (8 oz.) container Cool Whip**
**2 small pkg. instant pudding**
**3 c. milk**
**½ (8 oz.) container Cool Whip (for top)**
**jimmies**

Combine crust ingredients in a 9 x 13-inch pan. Bake at 375° for 15 minutes. Let cool completely.

Cream together the first 3 filling ingredients and spread over crust. Combine milk and instant pudding, beating well. Spread over top, then spread the remainder of the Cool Whip on top. Garnish with jimmies.

*Debbie Patten*
*State Ceres, NH State Grange*

## -•YOUR FAVORITE RECIPES•-

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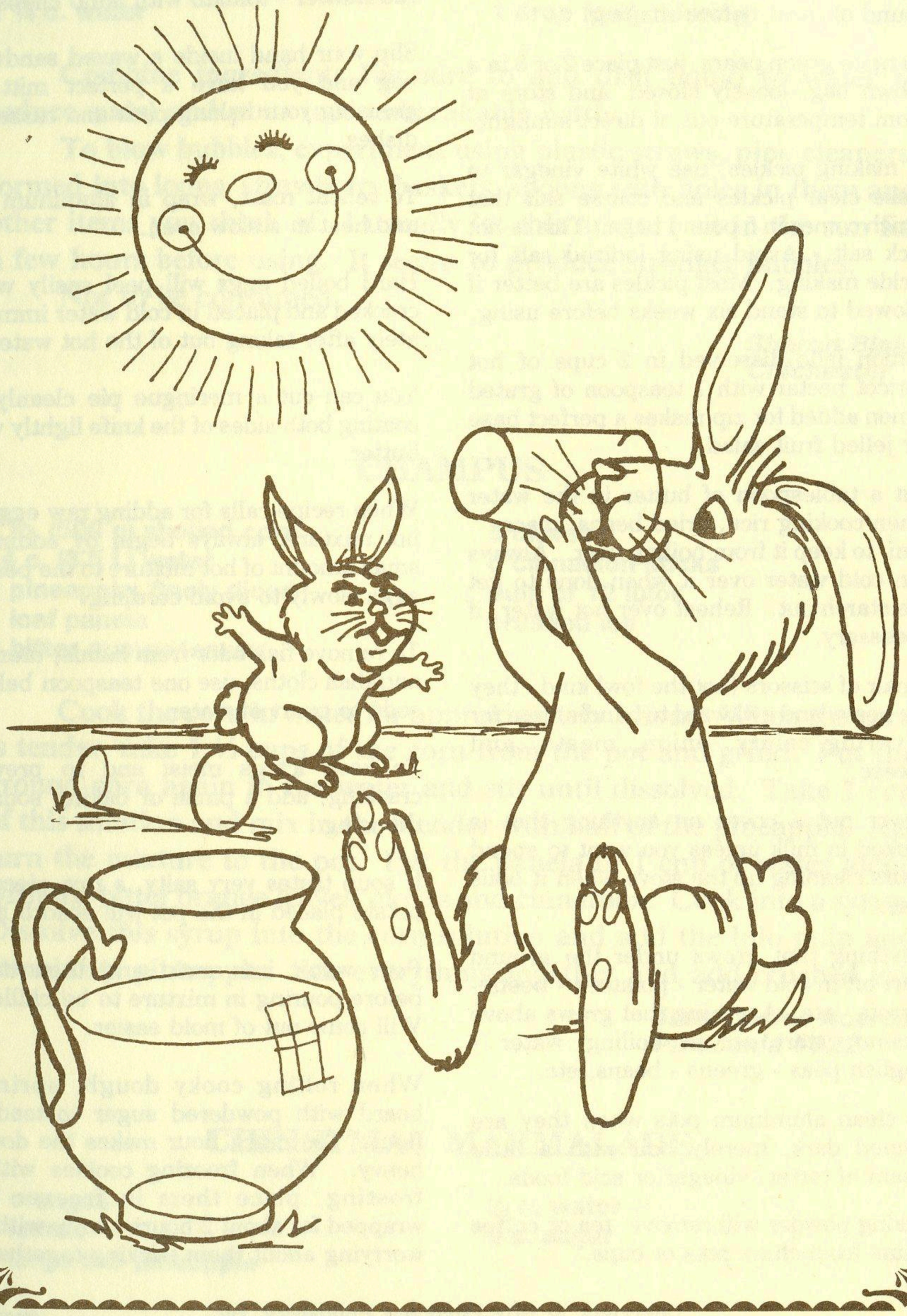
# Beverages, Sandwiches & Misc.



# Helpful Cooking Hints

Frozen gravies or sauces may be a little thicker after thawing than when they were freshly made. Adding a little appropriate liquid - milk, broth, bouillon or wine - will thin them to the desired consistency.

For extra juicy, extra nutritious hamburgers, add ¼ cup evaporated milk per pound of meat before shaping.

To ripen green pears, just place 2 or 3 in a brown bag, loosely closed, and store at room temperature out of direct sunlight.

In making pickles, use white vinegar to make clear pickles and coarse salt that which comes in 5 pound bags. This is not rock salt. Avoid using iodized salt for pickle making. Most pickles are better if allowed to stand six weeks before using.

Lemon jello dissolved in 2 cups of hot apricot nectar with 1 teaspoon of grated lemon added for zip makes a perfect base for jelled fruit salad.

Put a tablespoon of butter in the water when cooking rice, dried beans, macaroni, to keep it from boiling over. Always run cold water over it when done to get the starch out. Reheat over hot water, if necessary.

A pair of scissors (not the fowl kind - they are heavy and awkward to handle) fine for slivering celery, onion, meats, and cheese.

Never put a cover on anything that is cooked in milk unless you want to spend hours cleaning up the stove when it boils over.

Anything that grows under the ground start off in cold water - potatoes - beets - carrots - etc. Anything that grows above ground, start off in boiling water - English peas - greens - beans, etc.

To clean aluminum pots when they are stained dark, merely boil with a little cream of tarter, vinegar or acid foods.

Baking powder will remove tea or coffee stains from china pots or cups.

Learn where your fuse box and master cut-off switch is. If you know where the lever is to pull you can always cut the current off until a service man can come.

Canned cream soups make excellent sauces for vegetables, fish, etc. Celery and lobster black bean or onion with cauliflower - tomato with lamb chops.

Slip your hand inside a waxed sandwich bag and you have a perfect mitt for greasing your baking pans and casserole dishes.

To reheat roast, wrap in aluminum foil and heat in a slow oven.

Hard boiled eggs will peel easily when cracked and placed in cold water immediately after taking out of the hot water.

You can cut a meringue pie cleanly by coating both sides of the knife lightly with butter.

When recipe calls for adding raw eggs to hot mixture, always begin by adding a small amount of hot mixture to the beaten eggs slowly to avoid curdling.

To remove fish odor from hands, utensils and dish cloths, use one teaspoon baking soda to quart of water.

To keep icings moist and to prevent cracking, add a pinch of baking soda to the icing.

If soup tastes very salty, a raw piece of potato placed in the pot will absorb it.

Pour water into mold and then drain before pouring in mixture to be chilled. Will come out of mold easier.

When rolling cooky dough, sprinkle board with powdered sugar instead of flour. Too much flour makes the dough heavy. When freezing cookies with a frosting, place them in freezer unwrapped for about 2 hours - wrap without worrying about them sticking together.

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# BEVERAGES, SANDWICHES & MISCELLANEOUS

## BUBBLE SOLUTION

**⅓ c. Joy dish liquid**
**1 ¼ c. water**
**2 tsp. sugar**
**1 drop food coloring**

Combine ingredients (be sure to add dish liquid to water to reduce suds) and pour into unbreakable bottle.

To blow bubbles, experiment using plastic straws, pipe cleaners, formed into loops, strawberry baskets, spoons with holes in them and other items you think of. I usually let this mixture sit in the sun for a few hours before using. It seems to produce stronger bubbles.

Not to be consumed.

***Sharon Blais***
***Chichester***

## CHAMPUS

**1 lb. (500 g) shelled corn**
**14 c. (3.5 L) water**
**1 pineapple, finely diced**
**1 loaf panela**
**6 bitter orange leaves**
**6 cloves**
**5 cinnamon sticks**
**pulp of 12 lulos**
**crushed ice**

Cook the corn in water for approximately 1 hour. When the corn is tender, take 1 ½ cups of the corn from the pot and grind. Put the ground corn again in the water and stir until dissolved. Take 1 cup of this solution and mix in the blender with half of the pineapple. Return the mixture to the pot. Put the panela in 1 cup of water along with the bitter orange leaves, cloves and cinnamon. Cook into a syrup. Dissolve this syrup into the corn solution and add the lulo pulp and remaining pineapple. Stir everything together and add crushed ice.

***Juan Carlos Aceros***
***Pineconia #322***

## CHRISTMAS MARMALADE

**3 oranges**
**1 lemon**
**1 large can pineapple**
**½ c. water**
**6 c. sugar**

Coarsely grind the oranges and lemon. Add the pineapple, juice and all. Simmer for 30 minutes until thickened. Add 1 small jar cherries, cut up in pieces. Pour into hot, sterilized jars. Cover with paraffin.

***Ellen Dorr***
***Mt. Washington #116***

## EASY OATMEAL

**½ c. quick oatmeal**
**1 c. water**
**1 Tbsp. raisins (optional)**

Cook 2 minutes in microwave. Let set or may be stirred. Add milk and sugar or my favorite, a thin slice of light coffee ice cream.

***Nancy Bean***
***Contookook #216***

## FRUIT JUICES
(Jugos de Frutas)

Tangerine: Squeeze 24 tangerines; strain and blend the juice with ½ liter of water. Add sugar to taste. Serve cold.

Lime: Squeeze 8 limes; strain and blend the juice with ½ liter of water, the peel of lime, sugar to taste and 3 ice cubes.

Blackberry: Blend 500 g (1 pound) of blackberries; strain and add 1 liter of water and sugar to taste. Blend again and serve cold.

Orange: Squeeze 8 oranges; strain and blend the juice with ½ liter of water, sugar to taste and 3 ice cubes. Serve cold.

***Juan Carlos Aceros***
***Pineconia #322***

## GRILL TIPS

If using bamboo or wooden skewers, soak them in water for 20 to 30 minutes before grilling to keep them from burning.

To keep small pieces of food from falling through the grill, use a wire grill basket or grill grid. Brush with oil to keep food from sticking.

## HOT WEATHER SOLUTIONS

Wilted lettuce: Dip in hot water, then rinse in ice water with a little salt added. Shake, then refrigerate for 1 hour.

Warped candles: Dunk in a pan of warm water to make them pliable enough to bend back straight.

Damp cereal or crackers: Place in single layer on a cookie sheet and bake in a 350° oven for a few minutes to refresh.

Clumped salt: Add a few grains of rice to the salt shaker to absorb moisture.

## 1-2-3-4 MARMALADE

**1 can (2 ½ c.) crushed pineapple**
**2 lemons**
**3 oranges**
**4 apples**

Peel and core apples. Peel and remove seeds from all. Put the lemons, oranges and apples through the food chopper and combine with pineapple. Measure mixture and add an equal amount of sugar. Heat slowly to boiling point. Boil 20 to 30 minutes until desired thickness, stirring occasionally. Turn into hot, sterilized jelly jars. Seal with paraffin. Makes fifteen 4 ounce jars.

***Priscilla Clark***
***Warren Pond #47***

## QUICK GRAVY

Remove cooked meat from cooking dish and pour off fat if any. Add 1 can of mushroom soup and stir until well mixed with drippings. No need to thicken as soup does this. Serve hot as any gravy.

***Betty Abbott***
***Grafton Star #60***

## RECIPE FOR DISCOVERY

**1 teacher**
**24 young minds**
**1 to 2 c. curiosity**
**4 to 5 spoonfuls of fun**
**patience**
**laughter**
**enthusiasm**
**hands-on participation**

Combine teacher and eager young minds. Add cupfuls of curiosity and spoonfuls of fun. Blend in generous amount of hands-on

participation, mixed with patience. Sprinkle with laughter and serve with enthusiasm. Yields: Learning at its best!

*Helen Merrill*
*Starr King #124*

## RHUBARB JAM

**5 c. rhubarb**
**5 c. sugar**
**1 can crushed pineapple**
**1 large pkg. strawberry gelatin**

Combine cut up rhubarb, sugar and pineapple. Boil 20 minutes, stirring occasionally. Remove from heat. Add gelatin, stirring until dissolved. Seal in sterilized jars. Cover with melted wax twice. Makes 4 pints.

*Sue Perkins*
*Bartlett #104*

## STUFFING SPICES

**1 Tbsp. rosemary**
**1 Tbsp. sage**
**2 tsp. parsley**
**1 tsp. oregano**
**1 tsp. thyme**
**½ tsp. ginger**

Blend all ingredients and use to season bread stuffing.

*Camilie Twiss*
*Watatic #36*

## SWITCHEL (AN OLD TIME HAYING DRINK)

**½ gal. water**
**2 Tbsp. cider vinegar**
**1 Tbsp. honey**
**2 drops food coloring**

Put ingredients in a half gallon container. Place in refrigerator to cool and dissolve. A great thirst quencher even when it isn't ice cold.

*Nancy Bean*
*Oak Hill #32*

## TIPS

Corny, but...Use a clean metal shoehorn to scrape kernels off an ear of corn. It's the perfect shape for the job.

Worth their salt: Toss salt on a grease fire on the stove or in the oven. It will smother the flames. Never use water; it will spatter burning grease.

## -•EXTRA RECIPES•-

## –•YOUR FAVORITE RECIPES•–


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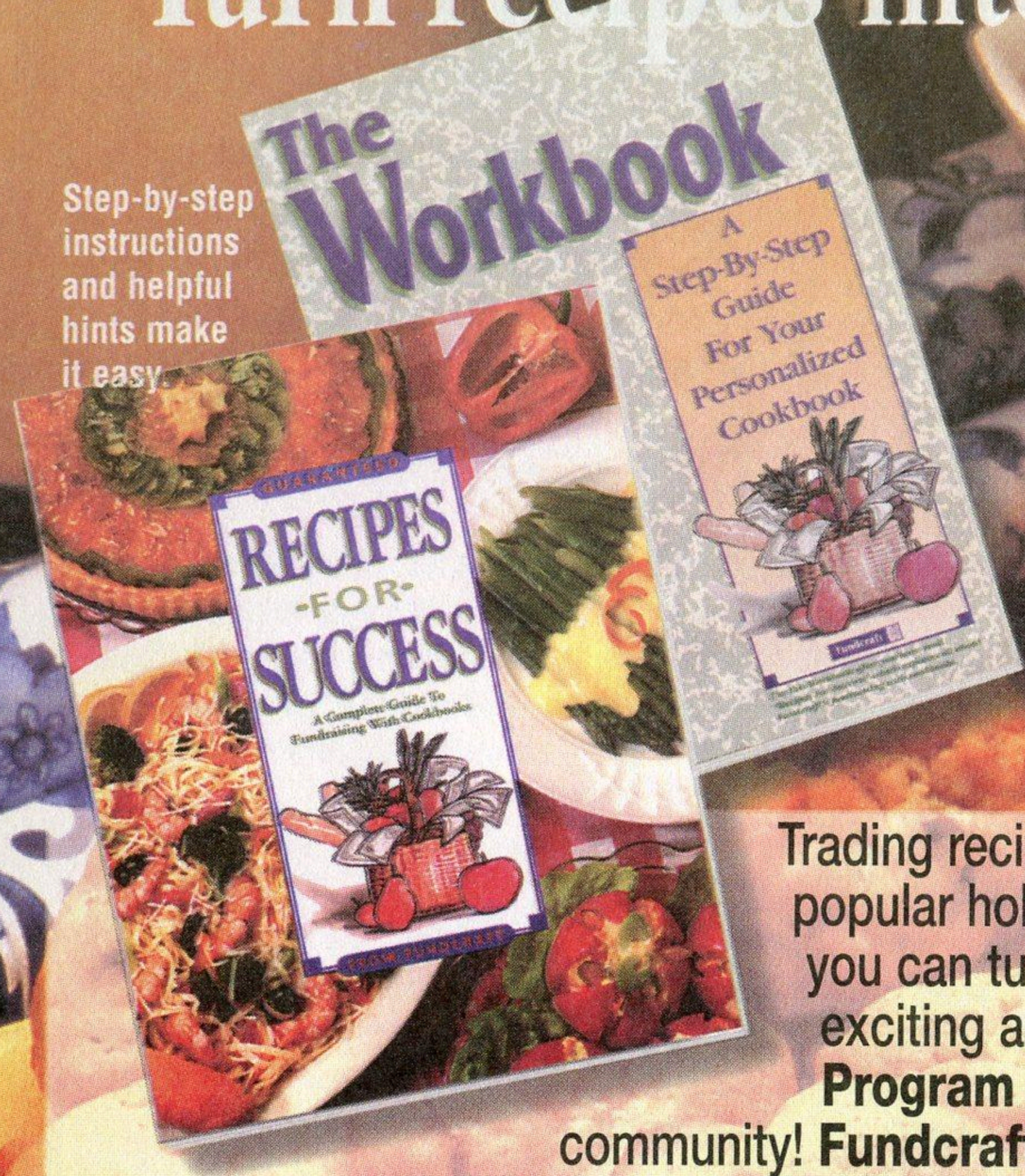
# Turn recipes into dough!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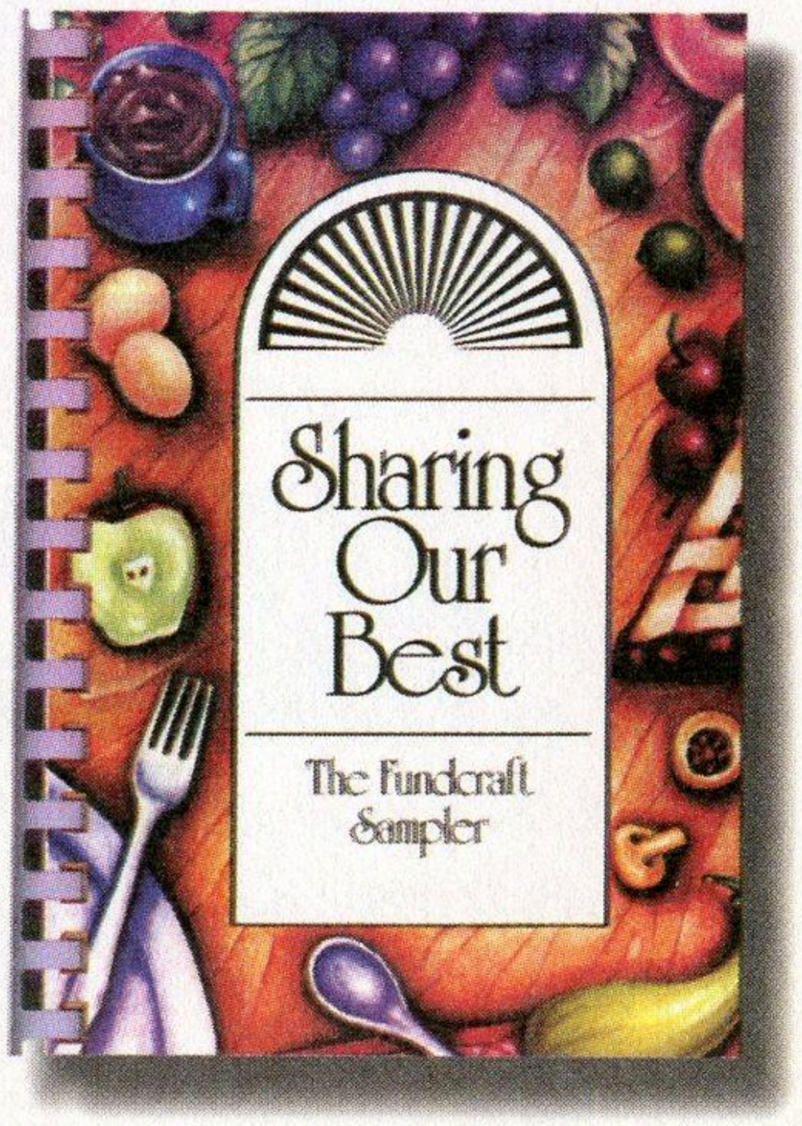


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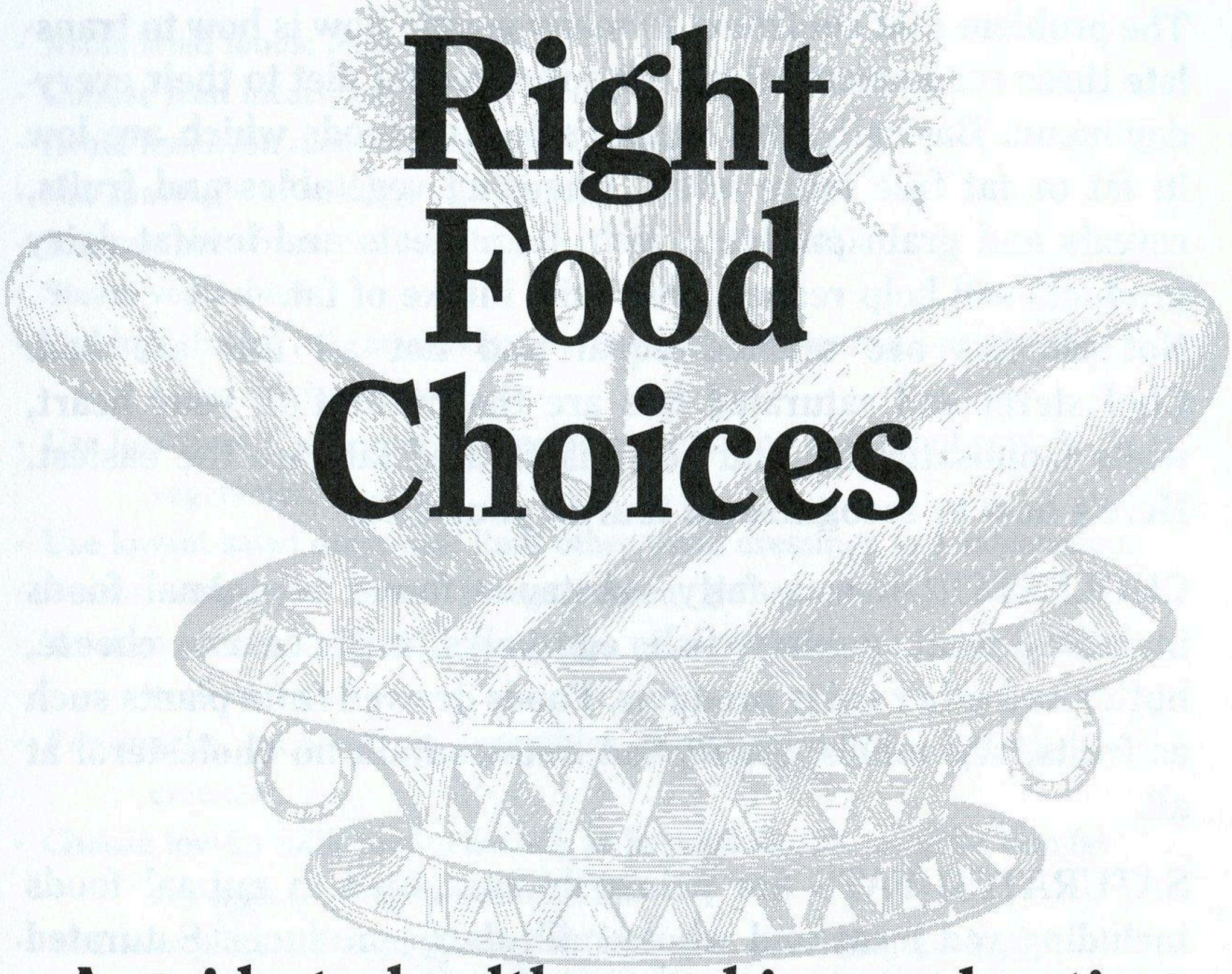
# Making The Right Food Choices



## A guide to healthy cooking and eating

**People are more concerned than ever about making the right choices when it comes to eating. Once primarily concerned with weight and calories, now consumers want to know more about what they are putting into their bodies. Their concerns include a number of diet related topics such as cholesterol, fat, fiber, sodium, as well as calorie intake.**

**Fundcraft Publishing has gathered important nutritional information to help consumers eat smart. The following pages include topics such as nutrient content claims, health claims and the new food label and how this information can play a role in your family's diet and overall good health.**

# The role of fat in your diet

**Fat consumption has been linked to heart disease, obesity, some types of cancer and gallbladder disease. Many public and private health authorities now recommend that Americans strive to reduce their intake of dietary fat.**

**The problem that confronts so many people now is how to translate these recommendations for a reduced-fat diet to their everyday menu. Basically, this means selecting foods which are low in fat or fat free *more often*. Choosing vegetables and fruits, cereals and grain products, fish, lean meats and low-fat dairy products will help reduce your daily intake of fat.**

**Not all fats are created equal and not all fats are bad. Cholesterol and saturated fats are the hardest on your heart, while monosaturated and polyunsaturated fats are the easiest. Here's how to recognize all four in your diet:**

**CHOLESTEROL is a fatty substance found in animal foods including meat, poultry, fish, egg yolks, milk, cream, cheese, butter and other dairy products. Foods derived from plants such as fruits, vegetables, grains and nuts contain no cholesterol at all.**

**SATURATED FATS are primarily contained in animal foods including red meat and whole milk dairy products. Saturated fats can also be found in certain types of oils, notably coconut and palm and palm kernel oils, which are used in commercially baked goods. It's a good idea to cut down on foods high in saturated fats and to make substitutions whenever possible.**

**MONOSATURATED FATS are not considered harmful to your heart, and new research suggests they may actually reduce your blood cholesterol level and, thus, your risk of cardiovascular disease. This type of fat is found in olive oil, and in certain plant foods including avocados.**

**POLYUNSATURATED FATS also tend to reduce blood cholesterol levels. It's the kind of fat you find most typically in sunflower, corn, soybean and safflower oils.**

# Decreasing Your Fat Intake

**You can lower your cholesterol level and decrease your risk of heart disease by cutting down on your fat consumption. Here are some ways:**

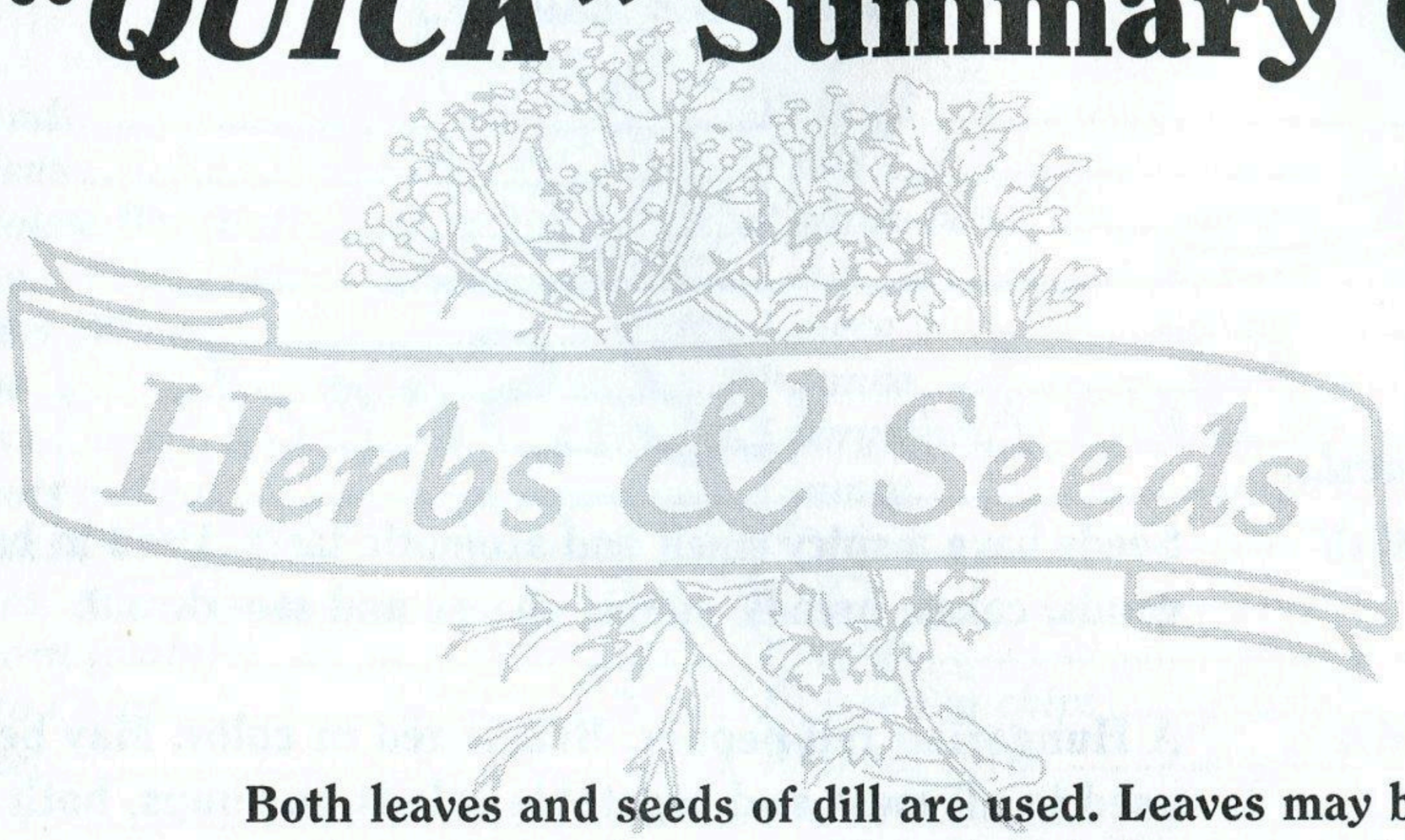
- **Avoid fried foods; bake or broil.**
- **Choose lean meats; cut off the fat before cooking.**
- **Avoid luncheon meats (hot dogs, bologna).**
- **Eat sparingly of sausage and bacon.**
- **Remove skin from poultry (before cooking, if possible).**
- **Steam vegetables.**
- **Use half the fat (oil, margarine, butter, lard, shortening, mayonnaise) called for in recipes.**
- **Use less than 1 teaspoon margarine or butter on bread, hot cereals, vegetables.**
- **Use low-fat salad dressings; limit other salad dressings to 1 tablespoon.**
- **Season with herbs, lemon, vinegar, onion, garlic, tomato products.**
- **Thicken sauces, soups with a mixture of corn starch (or flour) and cold water.**
- **For snacks, choose fruit, vegetables, whole grain bread/cereals/ crackers.**
- **Choose low-fat milk products such as buttermilk, 2% fat milk, non-fat dry milk powder and skim milk.**
- **Use lean pieces of meat instead of fatback as seasoning for beans, peas, greens.**

**How to Pick What's Good for Your Diet**
**Formula % of calories from fat:**
**(Grams of Fat) x 9/(Calories per serving)=**
**(Percent of calories from fat)**

# TABLE FOR COOKING VEGETABLES

| *Vegetable* | *Ways To Prepare* | *Cooking* | *Time* |
|---|---|---|---|
| *CELERY* | *Scrub thoroughly. Cut off leaves and trim roots. Slice into desired lengths.* | *Cook covered in small amount of boiling water or in consommé.* | *10-15 mins.* |
| *CORN* | *Remove husks and silks from fresh corn. Rinse and cook whole.* | *Cook covered in small amount of boiling water; or cook uncovered in enough boiling salted water to cover ears.* | *6-8 mins.* |
| *EGGPLANT* | *Wash; if skin is tough, pare. Cut in 1/2 inch slices.* | *Dip in beaten egg, then in fine dry bread crumbs. Brown slowly on both sides in hot oil. Season.* | *Approx. 4 mins.* |
| *MUSHROOMS* | *Wash; cut off tips of stems. Leave whole or slice.* | *Add to melted margarine in skillet; sprinkle with flour and mix. Cover and cook slowly, turning occasionally.* | *8-10 mins.* |
| *OKRA* | *Wash pods; cut off stems. Slice or leave whole.* | *Cook covered in small amount of boiling salted water.* | *8-15 mins.* |
| *PARSNIPS* | *Wash thoroughly; pare or scrape. Slice lengthwise or crosswise.* | *Cook covered in small amount of boiling salted water.* | *15-20 mins.* |
| *PEAS, Green* | *Shell and wash.* | *Cook covered in small amount of boiling water.* | *8-15 mins.* |
| *SPINACH* | *Cut off roots and wash several times in lukewarm water, lifting out of water as you wash.* | *Cook covered without adding water. Reduce heat when steam forms. Turn often while cooking.* | *3-5 mins.* |
| *TOMATOES* | *Wash ripened tomatoes.* | *Cook slowly, covered, without adding water.* | *10-15 mins.* |
| *ZUCCHINI* | *Wash; do not pare. Slice thin.* | *Season and cook covered in margarine for 5 mins. Uncover and cook till tender, turning slices.* | *10 mins. Total* |

# A "*QUICK*" Summary Of




**DILL** — Both leaves and seeds of dill are used. Leaves may be used as a garnish or to cook with fish. Leaves or the whole plant may be used to flavor dill pickles.

**FENNEL** — Has a sweet, hot flavor. Both seeds and leaves are used. Seeds may be used as a spice in very small quantity in pies and baked goods. Leaves may be boiled with fish.

**MARJORAM** — May be used both green and dry for flavoring soups and ragouts; and in stuffing for all meats and fish.

**TARRAGON** — Leaves have a hot, pungent taste. Valuable to use in all salads and sauces. Excellent in tartar sauce. Leaves are pickled with gherkins. Used to flavor vinegar.

**CURRY POWDER** — A number of spices combined to proper proportions to give a distinct flavor to such dishes as vegetables, meat, poultry and fish.

**CHIVES** — Leaves are used in many ways. May be used in salads, cream cheese, sandwiches, omelets, soups and fish dishes. Mild flavor of onion.

**SAGE** — Used fresh and dried. May be used in poultry and meat stuffings; in sausage and practically all meat combinations; in cheese and vegetable combinations, as in vegetable loaf, or curry. The flowers are sometimes used in salads.

***continued***

**CARAWAY** Seeds have a spicy smell and aromatic taste. Used in baked goods, cakes, breads, soups, cheese and sauerkraut.

**PAPRIKA** A Hungarian red pepper. Bright red in color. May be used in all meat and vegetable salads, in soups, both cream and stock. As a garnish for potatoes, cream cheese, salads or eggs.

**BASIL** Aromatic odor, warm, sweet flavor, used whole or ground. Used with lamb, fish and vegetable dishes.

**OREGANO** Whole or ground, strong aromatic odor, used with tomato sauces, pizza and veal dishes.

**BAY LEAF** A pungent flavor. Available as whole leaf. Good in vegetable and fish soups, tomato sauces and juice. Remove before serving.

**GINGER** An aromatic, pungent root, sold fresh, dried or ground. May be used in pickles, preserves, cakes, cookies, puddings, soups, pot roasts.

**CHERVIL** Aromatic herb of carrot family, like parsley but more delicate. Used fresh or dry in salads, soups, egg and cheese dishes.

**SHALLOTS** Small type onion producing large clusters of small bulbs. Used like garlic to flavor meats, poultry, sausage, head cheese.

**VINEGAR** Low percentage natural acid, generally acetic acid. Used as a preservative for all pickling of vegetables and fruit. To give zest or tangy flavor to salad dressings; for meat, fish and vegetable sauces. Different kinds are wine vinegar, white vinegar, cider vinegar, tarragon vinegar.

# CALORIE COUNTER

## CANDIES, SNACKS AND NUTS

| | | Calories |
|---|---|---|
| Almonds | 12 to 15 | 93 |
| Cashews | 6 to 8 | 88 |
| Chocolate Bar (nut) | 2 ounce bar | 340 |
| Coconut (Shredded) | 1 cup | 344 |
| English Toffee | 1 piece | 25 |
| Fudge | 1 ounce | 115 |
| Mints | 5 very small | 50 |
| Peanuts (salted) | 1 ounce | 190 |
| Peanuts (roasted) | 1 cup | 800 |
| Pecans | 6 | 104 |
| Popcorn (plain) | 1 cup | 54 |
| Potato Chips | 10 medium chips | 115 |
| Pretzels | 10 small sticks | 35 |
| Walnuts | 8 to 10 | 100 |

## DAIRY PRODUCTS

| | | |
|---|---|---|
| American Cheese | 1 cube, 1 1/8 inch | 100 |
| Butter or Oleomargarine | 1 level Tbsp. | 100 |
| Cheese (blue, cheddar, cream, Swiss) | 1 ounce | 105 |
| Cottage Cheese (uncreamed) | 1 ounce | 25 |
| Cream, light | 1 Tbsp. | 30 |
| Cream, whipped | 1 Tbsp. | 25 |
| Egg White | 1 | 15 |
| Egg Yolk | 1 | 61 |
| Eggs (boiled or poached) | 2 | 160 |
| Eggs (scrambled) | 2 | 220 |
| Egg (fried) | 1 medium | 110 |
| Yogurt (flavored) | 4 ounces | 60 |

## DESSERTS

| | | |
|---|---|---|
| Cakes: | | |
| Angel Food Cake | 2" piece | 110 |
| Cheesecake | 2" piece | 200 |
| Chocolate Cake, iced | 2" piece | 445 |
| Fruit Cake | 2" piece | 115 |
| Pound Cake | 1 ounce piece | 140 |
| Sponge Cake | 2" piece | 120 |
| Shortcake with fruit | 1 avg. slice | 300 |
| Cupcake, iced | 1 | 185 |
| Cupcake, plain | 1 | 145 |
| Pudding: | | |
| Bread Pudding | 1/2 cup | 150 |
| Flavored Puddings | 1/2 cup | 140 |
| Pies: | | |
| Apple | 1 piece | 331 |
| Blueberry | 1 piece | 290 |
| Cherry | 1 piece | 355 |
| Custard | 1 piece | 280 |
| Lemon Meringue | 1 piece | 305 |
| Peach | 1 piece | 280 |

## DESSERTS (Cont.)

| | | Calories |
|---|---|---|
| *Pumpkin* | *1 piece* | *265* |
| *Rhubarb* | *1 piece* | *265* |
| *Ice Cream:* | | |
| *Chocolate Ice Cream* | *½ cup* | *200* |
| *Vanilla Ice Cream* | *½ cup* | *150* |
| *Miscellaneous:* | | |
| *Chocolate Eclair, custard* | *1 small* | *250* |
| *Cookies, assorted* | *1, 3-inch dia.* | *120* |
| *Cream Puff* | *1* | *296* |
| *Jello, all flavors* | *½ cup* | *78* |

## BEVERAGES AND JUICES

| | | |
|---|---|---|
| *Chocolate Malted* | *8 ounces* | *450* |
| *Cocoa (all milk)* | *8 ounces* | *235* |
| *Cocoa (milk & water)* | *8 ounces* | *140* |
| *Coffee (black/unsweetened)* | | *0* |

## BREADS AND FLOUR FOODS

| | | |
|---|---|---|
| *Baking Powder Biscuits* | *1 large or 2 small* | *129* |
| *Bran Muffin* | *1 medium.* | *106* |
| *Cornbread* | *1 small square* | *130* |
| *Dumplings* | *1 medium* | *70* |
| *Enriched White Bread* | *1 slice.* | *60* |
| *French Bread* | *1 small slice.* | *54* |
| *French Toast* | *1 slice* | *135* |
| *Macaroni and Cheese* | *1 cup* | *475* |
| *Melba Toast* | *1 slice* | *25* |
| *Noodles cooked* | *1 cup* | *200* |
| *Pancakes (wheat)* | *1, 4-inch* | *60* |
| *Raisin Bread* | *1 slice* | *80* |
| *Rye Bread* | *1 slice* | *71* |
| *Saltines* | *1* | *17* |
| *Soda Crackers* | *1* | *23* |
| *Waffles* | *1* | *216* |
| *Whole Wheat Bread* | *1 slice* | *55* |

## BREAKFAST CEREALS

| | | |
|---|---|---|
| *Corn Flakes* | *1 cup* | *96* |
| *Cream of Wheat* | *1 cup* | *120* |
| *Oatmeal* | *1 cup* | *148* |
| *Rice Flakes* | *1 cup* | *105* |
| *Shredded Wheat* | *1 biscuit* | *100* |
| *Sugar Krisps* | *¾ cup* | *110* |

## FISH AND FOWL

| | | |
|---|---|---|
| *Bass* | *4 ounces* | *105* |
| *Brook Trout* | *4 ounces* | *130* |
| *Crabmeat (canned)* | *3 ounces* | *85* |
| *Fish Sticks* | *5 sticks or 4 oz* | *200* |
| *Haddock (baked)* | *1 fillet* | *158* |
| *Haddock (broiled)* | *4 ounces (steak)* | *207* |

# CALORIE COUNTER

## FRUITS

| | | |
|---|---|---|
| Apple (raw) | 1 small | 70 |
| Banana | 1 medium | 85 |
| Blueberries (frozen/unsweetened) | 1/2 cup | 45 |
| Cantaloupe Melon | 1/2 melon large | 60 |
| Cherries, fresh/whole | 1/2 cup | 40 |
| Cranberries (sauce) | 1 cup | 54 |
| Grapes | 1 cup | 65 |
| Dates | 3 or 4 | 95 |
| Grapefruit (unsweetened) | 1/2 | 55 |
| Orange | 1 medium | 70 |
| Peach (fresh) | 1 | 35 |
| Plums | 2 | 50 |
| Tangerine (fresh) | 1 | 40 |
| Watermelon | 1" slice | 60 |

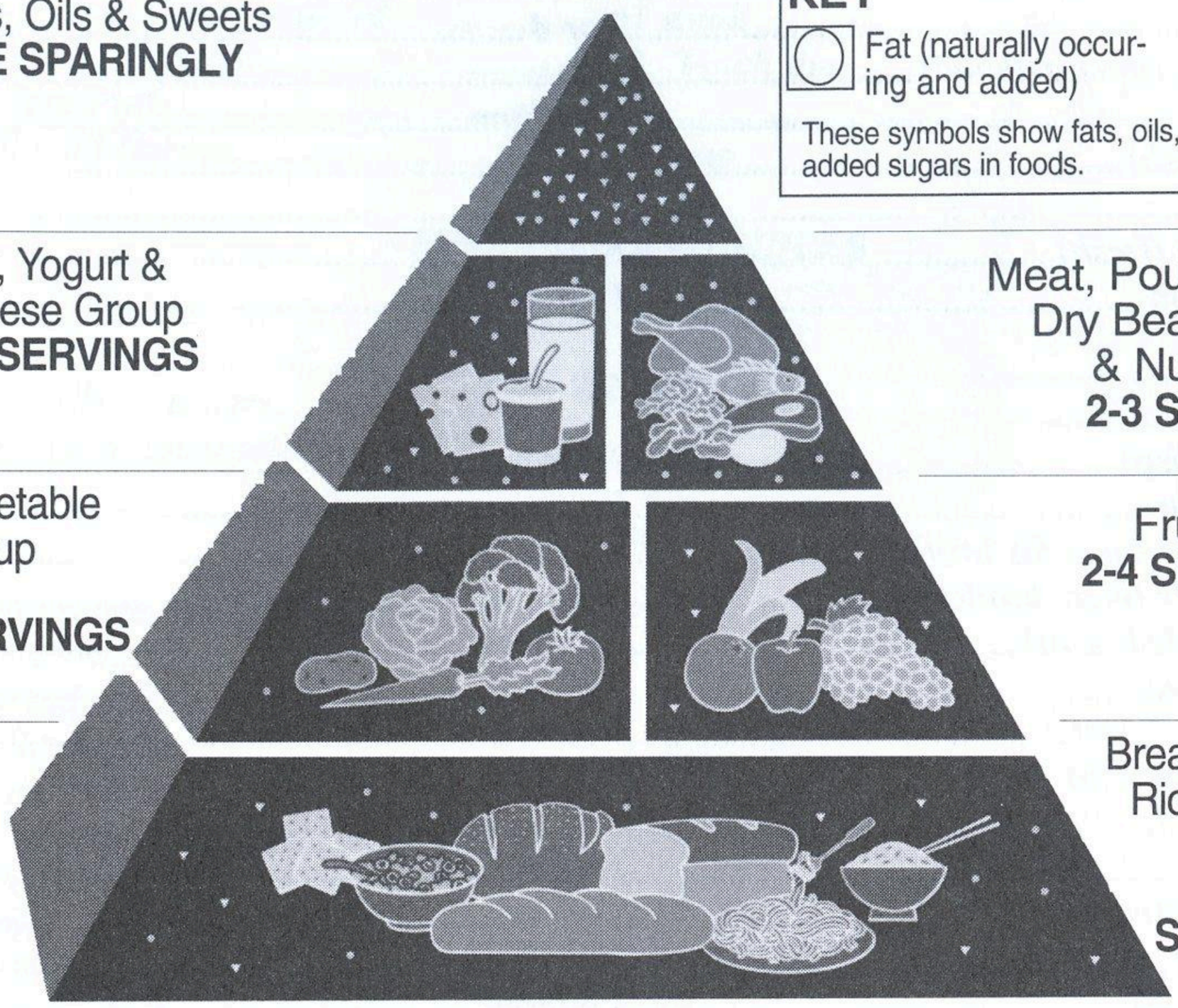
## MEATS

| | | |
|---|---|---|
| Bacon (crisp) | 2 slices | 95 |
| Frankfurter | 1 | 155 |
| Hamburger (avg. fat/broiled) | 3 ounces | 245 |
| Hamburger (lean/broiled) | 3 ounces | 185 |
| Ham (broiled/lean) | 3 ounces | 200 |
| Ham (baked) | 1 slice | 100 |
| Lamb Leg Roast | 3 ounces | 235 |
| Lamb Chop (rib) | 3 ounces | 300 |
| Liver (fried) | 3 1/2 ounces | 210 |
| Meat Loaf | 1 slice | 100 |
| Pork Chop (med.) | 3 ounces | 340 |
| Pork Roast | 3 ounces | 310 |
| Pork Sausage | 3 ounces | 405 |
| Roasts (Beef) | | |
| Loin Roast | 3 1/2 ounces | 340 |
| Pot Roast (round) | 3 1/2 ounces | 200 |
| Rib Roast | 3 1/2 ounces | 260 |
| Rump Roast | 3 1/2 ounces | 340 |
| Spareribs | 1 piece, 3 ribs | 123 |
| Swiss Steak | 3 1/2 ounces | 300 |
| Veal Chop (med.) | 3 ounces | 185 |
| Veal Roast | 3 ounces | 230 |

## SALADS AND DRESSINGS

| | | |
|---|---|---|
| Apple and carrot (no dressing) | 1/2 cup | 100 |
| Chef Salad/reg. oil | 1 Tbsp. | 160 |
| Chef Salad/mayonnaise | 1 Tbsp. | 125 |
| Chef Salad/ French, Roquefort | 1 Tbsp. | 105 |
| Cole Slaw (no dressing) | 1/2 cup | 102 |
| Fruit Gelatin | 1 square | 139 |
| Potato Salad (no dressing) | 1/2 cup | 184 |
| Waldorf (no dressing) | 1/2 cup | 140 |
| Boiled Dressing | 1 Tbsp. | 28 |
| French Dressing | 1 Tbsp. | 60 |
| Mayonnaise | 1 Tbsp. | 110 |

# Food Guide Pyramid
## A Guide to Daily Food Choices




# How to Use The Daily Food Guide

## What counts as one serving?

**Breads, Cereals, Rice and Pasta**
1 slice of bread
1/2 cup of cooked rice or pasta
1/2 cup of cooked cereal
1 ounce of ready to eat cereal

**Vegetables**
1/2 cup of chopped raw or cooked vegetables
1 cup of leafy raw vegetables

**Fruits**
1 piece of fruit or melon wedge

**Milk, Yogurt and Cheese**
1 cup of milk or yogurt
1/2 to 1 ounce of cheese

**Meat, Poultry, Fish, Dry Beans, Eggs and Nuts**
2-1/2 to 3 ounces of cooked lean meat, poultry or fish
Count 1/2 cup of cooked beans, or 1 egg, or 2 tablespoons of peanut butter as 1 ounce of lean meat (about 1/3 serving)

**Fats, Oils and Sweets**
LIMIT CALORIES FROM THESE especially if you need to lose weight.

The amount you eat may be more than one serving. For example, a dinner portion of spaghetti would count as two or three servings of pasta.

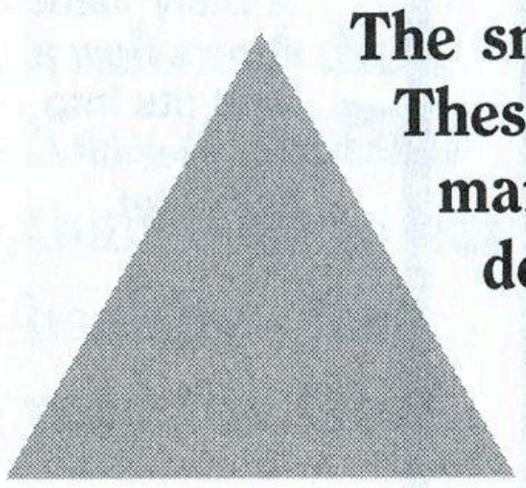
# How many servings do you need each day?

| Calorie Level* | about 1,600 | about 2,200 | about 2,800 |
|---|---|---|---|
| Bread Group | 6 | 9 | 11 |
| Vegetable Group | 3 | 4 | 5 |
| Fruit Group | 2 | 3 | 4 |
| Milk Group | **2 - 3 | **2 - 3 | **2 - 3 |
| Meat Group | 2, for a total of 5 ounces | 2, for a total of 6 ounces | 3, for a total of 7 ounces |

* These are calorie levels if you choose low-fat, lean foods from the 5 major food groups and use foods from the fats, oils, and sweets group sparingly.

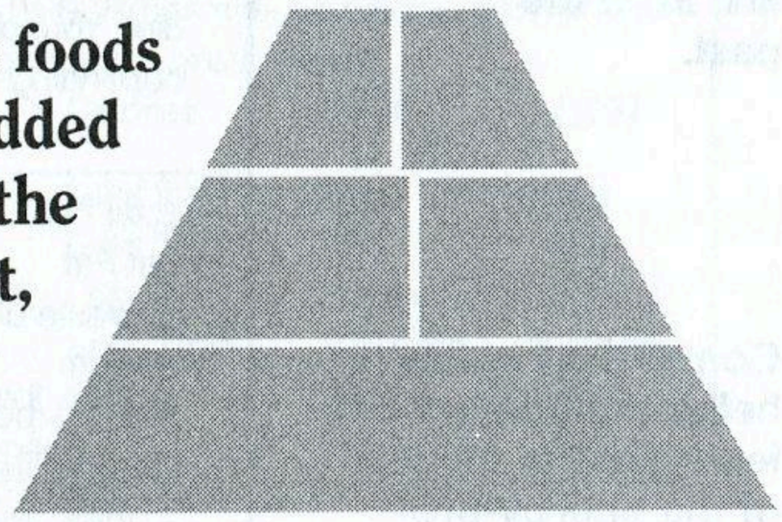
** Women who are pregnant or breastfeeding, teenagers, and young adults to age 24 need 3 servings.

# A Closer Look at Fat and Added Sugars



The small tip of the pyramid shows fats, oils, and sweets. These are foods such as salad dressings, cream, butter, margarine, sugars, soft drinks, candies and sweet desserts. These foods provide calories, but few vitamins and minerals. Most people should go easy on foods from this group.

Some fat or sugar symbols are shown in the other food groups. That's to remind you that some foods in these groups can also be high in fat and added sugars, such as cheese or ice cream from the milk group. When choosing foods for a diet, consider the fat and added sugars in your choices from all the food groups, not just fats, oils and sweets from the Pyramid tip.



# Nutrition Facts: Helping Consumers Eat Smart

**Shopping and planning has never been easy. And now, with so many people concerned about the nutrient contents of foods, the choices are even tougher to make.**

**But now, new government regulations require food manufacturers and processors to provide dietary information on their food products. There is information on saturated fat, dietary cholesterol, fiber and other nutrients...items that relate to today's health concerns about heart disease, cancer and other diseases linked, at least in part, to diet.**

**One of the recent changes involves new requirements for food labels. The *new food label* will have a new name. Now it will be called Nutrition Facts. That title will signal to consumers that the product is correctly labeled according to the new Food and Drug Administration guidelines.**

**New heading signals a new label.**

**More consistent serving sizes, in both household and metric measures, replace those that used to be set by manufacturers.**

**Nutrients required on nutrition panel are those most important to the health of today's consumers, most of whom need to worry about getting too much of certain items (fat for example), rather than too few vitamins or minerals, as in the past.**

**Conversion guide helps consumers learn caloric value of the energy-producing nutrients**

## Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

**Amount Per Serving**
**Calories** 250 **Calories from Fat** 110

| | % Daily Value |
|---|---|
| **Total Fat** 12g | **18%** |
| Saturated Fat 3 g | **15%** |
| **Cholesterol** 30 mg | **10%** |
| **Sodium** 470 mg | **20%** |
| **Total Carbohydrate** 31g | **10%** |
| Dietary Fiber 0g | **0%** |
| Sugars 5g | |
| **Protein** 5g | |

**Vitamin A 4%** • **Vitamin C 2%**
**Calcium 20%** • **Iron 4%**

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less Than | 20g | 25g |
| Cholesterol | Less Than | 300mg | 300mg |
| Sodium | Less Than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:
Fat 9 • Carbohydrate • Protein

**New mandatory component helps consumers meet dietary guidelines recommending no more than 30% of calories from fat.**

**% Daily Value shows how a food fits into the overall daily diet.**

**Reference values help consumers learn good diet basics. They can be adjusted, depending on a person's calorie needs.**

# The New Food Label - What to Look For

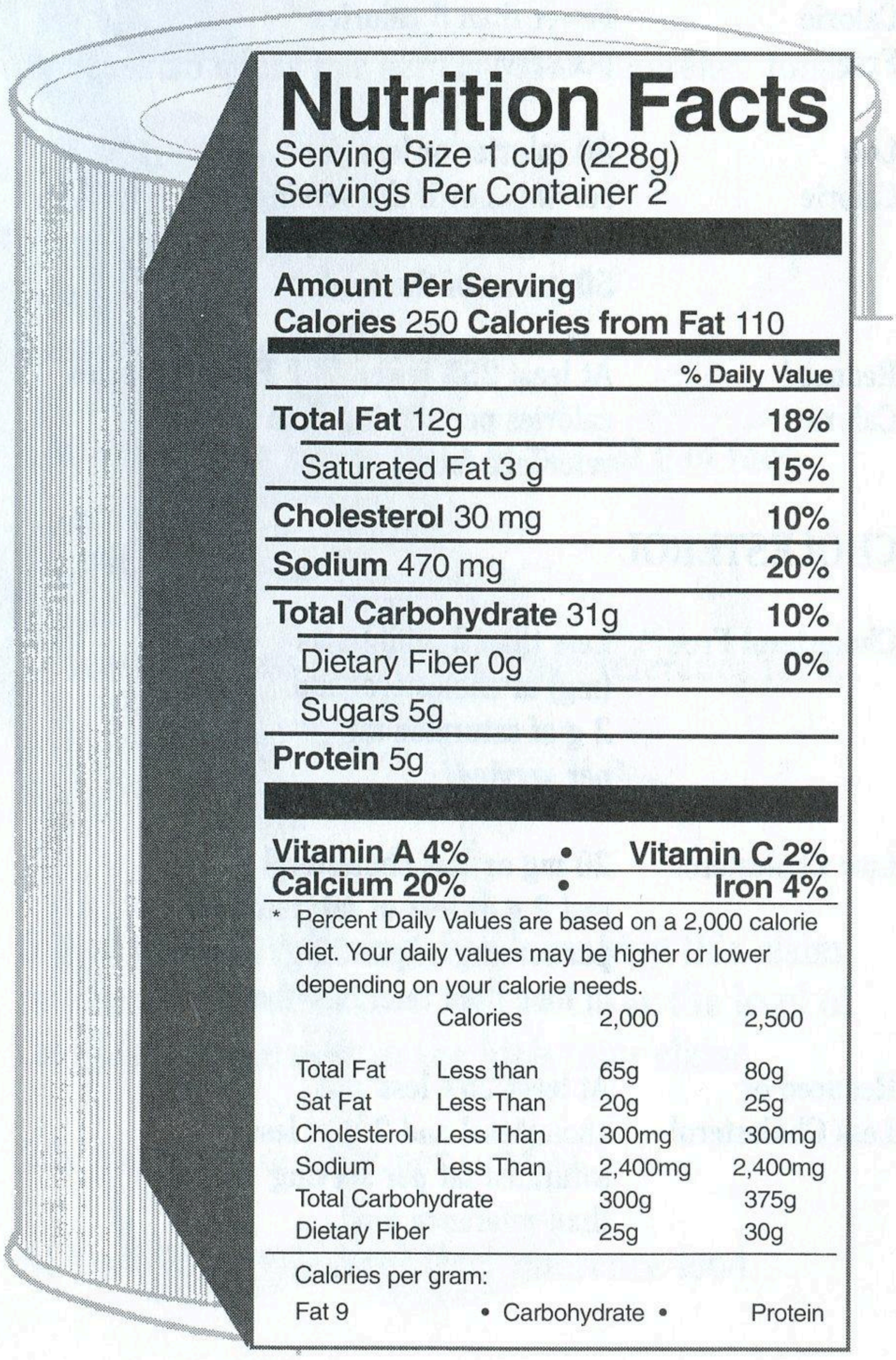
**The new food label can serve as an important guide to better nutrition, but only if you use it.**

**What should you look for?**

**First of all, nutrient content claims, such as "low calorie," may appear on the front label. These claims will signal - truthfully - if a food is high in a nutrient that most of us need to consume less of. This may be good if you're trying to reduce your intake of calories, fat or cholesterol...or if you're trying to eat more fiber or potassium.**

**Likewise, health claims on some labels will point out a food's nutritional qualities that help reduce the risk of certain long-term diseases, such as heart disease or cancer.**

**The "Nutrition Facts" will give more in-depth information to help you choose foods that fit in with a more healthful diet. Now it's easier than ever to eat healthy - just read the label.**



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| **Protein** 5g | |

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* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|---|---|---|---|
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| Sat Fat | Less Than | 20g | 25g |
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| Sodium | Less Than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:
Fat 9 • Carbohydrate • Protein

# Getting Specific

**Here are examples of the meanings of some descriptive words used in food labeling.**

## SUGAR

| | | | |
|---|---|---|---|
| Sugar Free | Less than 0.5 grams per serving. | No added sugar<br>Without added sugar<br>No sugar added | Processing does not increase content above the amount found naturally. |
| Reduced Sugar | At least 25% less sugar per serving than reference food. | | |

## CALORIES

| | | |
|---|---|---|
| Calorie Free | Fewer than 5 calories per serving. | |
| Low Calorie | 40 calories or less per serving... or if the serving is 30 grams or less... per 50 grams of the food. | |
| Reduced Calorie | At least 25% fewer calories per serving than reference food. | Fewer Calories |

## CHOLESTEROL

| | | |
|---|---|---|
| Cholesterol Free | Less than 2 milligrams (mg) of cholesterol and 2 g of saturated fat per serving. | |
| Low Cholesterol | 20 mg or less cholesterol and 2 g or less of saturated fat per serving or per 50 g of food than reference food. | |
| Reduced or Less Cholesterol | At least 25% less cholesterol and 2 g or less saturated fat per serving than reference food. | |

## FAT

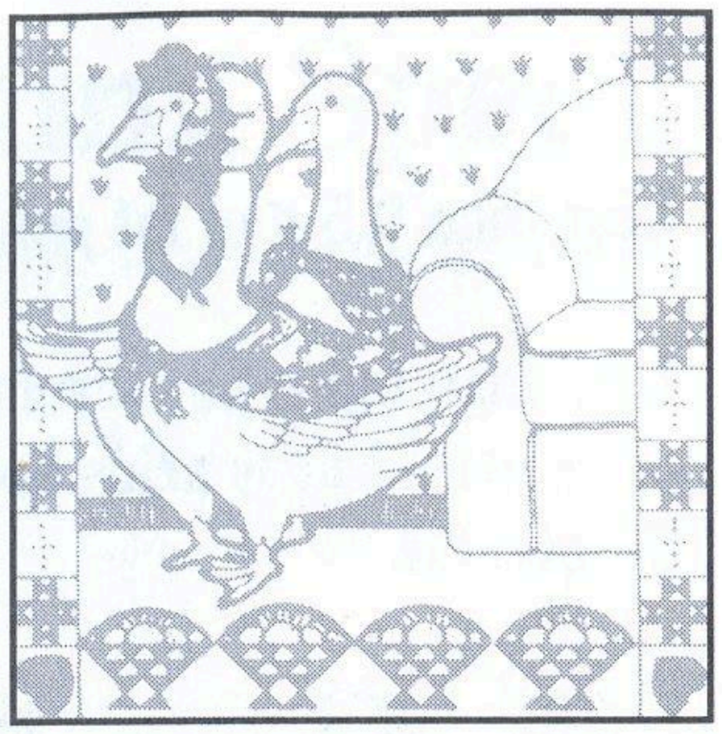
| | |
|---|---|
| **Fat Free** | **Less than 0.5 g of fat per serving.** |
| **Saturated Fat Free** | **Less than 0.5 g per serving and the level of saturated fatty acids does not exceed 1% of total fat.** |
| **Low Fat** | **3 g less per serving...or per 50 g of the food if serving is 30 g or less, or less than 2 tablespoons.** |
| **Low Saturated Fat** | **1 g or less per serving and not more than 15% of calories from saturated fatty acids.** |
| **Reduced Fat**<br>**Less Fat** | **At least 25% less per serving than reference food.** |
| **Reduced or Less Saturated Fat** | **At least 25% less per serving than reference food.** |

## SODIUM

| | |
|---|---|
| **Sodium Free** | **Less than 5 mg per serving.** |
| **Low Sodium** | **140 mg or less per serving or per 50 g of food.** |
| **Very Low Sodium** | **35 mg or less.** |
| **Reduced or Less Sodium** | **At least 25% less per serving than reference food.** |

## FIBER

| | |
|---|---|
| **High Fiber** | **5 g or more per serving. Foods making this claim must meet the definition for low fat or the level of fat must appear next to the high fiber claim.** |
| **Good Source of Fiber** | **2.5 g to 4.9 g of fiber per serving.** |
| **More or Added Fiber** | **At least 25% more fiber than reference food.** |



## *FAVORITE RECIPES*

***Recipe Name*** ***Page No.***

## *Notes*

Published and Printed By
Fundcraft Publishing
P.O. Box 340
Collierville, TN 38027